

Georgia Grown
Snap Beans

Meals In A Snap

Most people know snap beans as "string beans" or "green beans," but no matter what you call them, snap beans can be an important part of a healthy, well-balanced diet.

Snap Beans are good for you.

Nutrient Analysis

serving size 3/4 cup cut beans (83g) (6oz.)

Calories 25
Protein 1g
Fat 0g
Cholesterol 0mg
Sodium 0mg
Carbohydrate 5g
Dietary Fiber 3g

Served steamed, boiled, or fresh, snap beans give flavor, color and texture to meals. Snap beans are very low in calories, a good source of fiber and contain no fat, sodium or cholesterol.

Pasta Salad With Lemon Vinaigrette

1 pound green beans, cut in 1-inch pieces
2 cups cauliflower florets
1 thinly sliced Vidalia™ onion
1 cup cherry tomatoes
3 cups cooked pasta

Lemon Vinaigrette (recipe follows)

Steam green beans and cauliflower for about 8 minutes or until tender but still crisp. Cool to room temperature. In a large serving bowl, combine beans, cauliflower, onion, cherry tomatoes, pasta and lemon vinaigrette. Mix well and chill for several hours before serving. Serves 10-12.

(Lemon Vinaigrette)

2/3 cup vegetable oil
1/4 cup lemon juice
2 tablespoons water
1 minced garlic clove
1 teaspoon sugar

1 teaspoon basil
3/4 teaspoon salt
1/4 teaspoon pepper

Whisk together all ingredients. Pour over Vegetable
Pasta Salad.

Makes about 1 cup.

Nutrition Information Per Serving:

Calories 181 / Protein 3g / Carbohydrates 15g /

Dietary Fiber 3g

Cholesterol 13mg, / Sodium 141mg.

Green Bean Paprika

2 quarts water
2 teaspoons salt
1 lb. green beans, trimmed and washed
4 tablespoons butter or margarine
3/4 cup finely chopped onion
1 tablespoon paprika
2 tablespoons flour
1 cup sour cream

In a three quart sauce pan, bring water and salt
to a boil,
drop beans in by hands full, cover and reduce heat.
Cook
until tender; drain. Melt margarine in skillet, add
onions and
saute until onions are translucent. Remove from heat
and
stir in paprika until onions are well coated. In a
small bowl
combine flour and sour cream; stir into onions.
Simmer on low
heat for 4-5 minutes until sauce is smooth and
creamy. Gently
stir in beans; simmer for 5 minutes or until
thoroughly heated.
Serves 6-8.

Beans & Veggies

1 tablespoon cornstarch
1 cup milk
1/4 teaspoon garlic salt
1/8 tablespoon lemon pepper
1 teaspoon dill weed
1 tablespoon chopped parsley
3 tablespoons butter or margarine
1/2 pound sliced mushrooms
1/3 cup chopped onions
1 pound cooked green beans

In a saucepan, stir together cornstarch and milk. Add next four ingredients and bring to a boil. Stirring together constantly, boil for 1 minute.

In a medium sized skillet melt margarine. Add mushrooms, onions and green beans to sauce, stirring gently. Serve warm. Serves 6.

Marinated Italian Beans

1-1/2 pounds fresh green beans
3/4 cup water
2 cups commercial Italian salad dressing
1/2 cup lemon juice
2 tablespoons tarragon vinegar
1/2 teaspoon dried whole basil
1/4 teaspoon pepper
1/8 teaspoon dried whole oregano
2 crushed garlic cloves
1 2oz. jar pimento
 lemon slices (optional)

Wash beans. Trim ends and remove strings. Place beans in a 12x8x2-inch baking dish; add water. Cover with heavy-duty plastic wrap and microwave at high for 12-14 minutes, or until crisp-tender, stirring after 6 minutes. Let stand covered 2 minutes; drain. Combine dressing and next 7 ingredients in a small bowl, stirring well. Pour dressing mixture over beans; cover and refrigerate 6-8 hours. Garnish with lemon slices if desired. Serves 6.

Note: Cider vinegar or wine-based vinegar may be substituted for the tarragon vinegar listed in this recipe.

Three Bean Salad

4 tablespoons salad oil
1/3 cup red wine or cider vinegar
3 tablespoons chopped onion
1 small clove garlic, minced
1 teaspoon sugar
1/4 teaspoon oregano
15 1/2-ounce can garbanzo beans, drained
 and rinsed
15 ounce can light red kidney beans drained
 and rinsed
15 ounces cooked snap beans
2 ounce jar diced pimiento, drained

In a small jar with lid, combine first six ingredients and shake vigorously. Combine beans and pimiento in a medium bowl. Pour oil and vinegar

mixture over; stir gently. Cover and chill until ready to serve. Yield: 6-8 servings.

Calories 122 / Protein 4g / Carbohydrates 12g /
Dietary Fiber 3g / Fat 8g Cholesterol 21mg / Sodium
162mg

Best Ways To Enjoy Snap Beans

- ¥ The crisp texture, of snap beans are perfect for stir frying with mushrooms, onions, chicken, and other great vegetable combinations.
- ¥ Add color, crunch and flavor to salads by sprinkling with snap beans.
- ¥ Give potato salad a crunchy taste by adding cooked snap beans.
- ¥ Saute snap beans, cauliflower, tomatoes and broccoli with cooked pasta and top with a lemon vinaigrette dressing for a healthy pasta salad.

Snap Beans In Georgia

In the U.S., most snap beans are grown east of the Mississippi river. Snap beans thrive in warm climates with bright sunshine, like Georgia's. Snap beans are grown primarily in the central and southern parts of the state. In Georgia, snap beans are harvested from May through June and mid-September through mid-November.

Fun Facts About Snap Beans

- ¥ The snap bean is a member of the legume family.
- ¥ The snap bean originated in tropical regions of southern Mexico, Guatemala, Honduras and Costa Rica.
- ¥ The snap bean plant freezes with only a slight frost.

A Buyers Guide To Snap Beans

- ¥ When buying snap beans, look for beans with a fresh, bright green color.
- ¥ It's best to buy young, tender beans with

crisp, firm pods.

- ¥ Snap beans with thick, tough, fibrous pods are over-mature beans.
- ¥ Snap beans vary in shape but are mostly light-to-dark green in color.
- ¥ Snap beans differ slightly from pole beans because they are thin and round; pole beans are thin and flat.
- ¥ Snap beans should be refrigerated and will stay fresh for 3 to 5 days.
- ¥ To microwave snap beans, wash the beans and trim the ends. Place the beans, whole or cut in 1-inch pieces, in a dish and add 1/2 cup of water. Cover the dish and microwave on high power for 14-15 minutes. After draining the beans, season and serve.
- ¥ To freeze snap beans, wash the beans and trim the ends. Blanch (scald in boiling water) for three minutes. Drop the beans in cold water for three minutes to stop the cooking process. After draining the beans, package them in freezer bags or containers to freeze.

Georgia ranks 5th in the nation in production of fruits & vegetables. Our state is blessed with good climate, soil conditions and excellent growers to provide you with high quality fresh produce year around.

Tommy Irvin, Commissioner
Georgia Department of Agriculture

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