

Green Beans



Store unwashed fresh, whole beans in a plastic bag in the refrigerator crisper for up to seven days.

Green beans are definitely a vegetable that can be frozen. Most studies show that green beans are able to retain valuable amounts of nutrients for 3-6 months after freezing. To freeze green beans, steam them for 2-3 minutes. Remove from heat and let them cool thoroughly before placing them in freezer bags and storing them in your freezer.

Cut the fresh beans into large pieces or cook them whole to preserve water-soluble nutrients. Steaming is the best method to ensure cooking time, temperature, and nutrient leeching are kept to a minimum. Add some spices and garlic for good flavor.

Quick Green Bean Sauté

Serves 4 Prep Time: 20 minutes

Ingredients

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| 1 pound green beans, trimmed | 1 tablespoon olive oil |
| 1 large red onion, sliced thinly | 2 garlic cloves, minced |
| 1 tablespoon parsley, fresh, minced | Salt and pepper to taste |

Directions

1. Steam green beans until tender, about 10 minutes.
2. Heat oil in large skillet. Sauté onions until slightly browned. Add the garlic and sauté for 1 minute more. Stir in the green beans, salt, and pepper and heat through.
3. Toss with the parsley and serve. Sprinkle some sliced almonds on top for an extra nutty crunch.