

SNAP BEAN

Types

Green, purple, and yellow (wax).

Selection Info

Look for evenly colored, fresh, blemish-free beans that snap easily when bent.

Preparation

Green beans are generally eaten cooked. Snap off the stem of each bean with a paring knife. The skinny tip end does not need to be cut off. You can leave beans whole or cut them in halves or thirds, depending on what size you need for your recipe.

Boil: Cook prepared beans in boiling water with a pinch of salt for 10 to 15 minutes, checking for doneness. For soft and tender green beans cook up to 20 minutes. For tender crisp beans cook closer to 10 minutes.

Steam: Fill a pan with about 1 inch of water and boil and a steamer basket. Place beans in steamer basket and cover with lid. Turn heat down to medium, and cook for 2 more minutes or so. Beans should be tender and crisp when done.

Microwave: Place prepared, cut green beans in a microwave-safe dish with a half cup of water and salt to taste. Microwave on high for about 3 minutes. Season and serve.

Sauté: Add 1-2 tablespoons of olive oil and salt and pepper to taste to a skillet. Add beans. Cook and stir often on medium heat until golden brown and crisp.

Blanch: Whole green beans can be blanched in boiling water for 2 minutes, then plunged into cold water to stop the cooking process. These beans can be eaten cold with a dip or chopped into a salad.

Grill: For best results use a grill tray to prevent the beans from falling through the grates. Brush whole beans with olive oil and salt to taste and arrange them in a single layer on the hot grill tray. Turn them a few times with a tongs until they are cooked through and slightly charred.

Storage

Short-Term Storage: Keep snap beans refrigerated in a plastic bag in the crisper and use within 5 days.

Long-Term Storage: Snap beans can be canned, frozen, or dried.



Looking for a source of fresh local fruits and vegetables??? . . .
Look here . . . www.purdue.edu/foodlink/about.php

Funding provided by USDA Speciality Crop Block Grant

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

SNAP BEAN AND TUNA SALAD

Ingredients

- 14-ounce package elbow macaroni
- 15 ounces snaptrim beans (cut in 1-inch pieces)
- 1/2 can tuna packed in water (drained and flaked with a fork, about 6 ounces)
- 1/2 cup sweet pickles (diced, if you like)
- 1/2 cup onions (diced)
- 1 cup plain lowfat yogurt
- 1/2 cup light mayonnaise
- 1 1/2 tablespoons lemon juice
- 1/2 teaspoon pepper

Directions

1. Prepare elbow macaroni according to package directions and drain. If using fresh snap beans, trim and cook until tender.
2. In a large bowl, mix yogurt, mayonnaise, lemon juice, and pepper.
3. Add green beans, onions, and tuna. If using sweet pickles, add those too. Toss dressing and macaroni mixture until all ingredients are well-coated.
4. Chill before serving.



Learn more about **SNAP BEAN** by scanning the QR code above or by visiting [https://extension.purdue.edu/foodlink/food.php?food=snap bean](https://extension.purdue.edu/foodlink/food.php?food=snap%20bean).



Share your recipes!

Nutrition Information

Serving Size 1/8 of recipe

Nutrients Amount

Total Calories	310
Protein	15g
Carbohydrates	47g
Dietary Fiber	3g
Total Sugars	7g
Total Fat	6g
Saturated Fat	1g
Cholesterol	20mg

Minerals

Calcium	89mg
Sodium	333mg
Iron	2mg

Vitamins

Vitamin A	17mcg RAE
Vitamin C	4mg