



Green/Yellow Beans

The fruit of a plant originally from Central and South America. The word bean refers to the fruit, the seed and the plant that produces them.

Buying

Choose firm, crisp fresh beans, with a good green or golden yellow color, without bruises or brown spots. A little moisture when snapped indicates freshness.

Cooking

Cooking time varies depending on the method used, the size of the beans and whether they are whole or cut into pieces. Keep cooking time brief; they will be tastier, more nutritious and more colorful.

Boiled or steamed: 5-15 minutes.

Nutritional Information

Per 3.5 oz/100g	Raw fresh	Cooked fresh
Water	90.3%	89.2%
Protein	1.8g	1.9g
Fat	0.1g	0.3g
Carbohydrates	7.1g	7.9g
Fiber	1.8g	2.4g

Preparing

Fresh beans are more often eaten cooked (hot or cold) than raw. They are served as a side dish or used in salads, soups, stews, marinades and stir-fries. They are delicious as a gratin or dressed with sauce of vinaigrette.

Good Source: potassium and folic acid.

Contains: vitamin C, magnesium, thiamine, iron, vitamin A and niacin.

Properties: diuretic, depurative, tonic and anti-infective.

Storing

In the fridge: place fresh unwashed beans 2-3 days in a loosely closed or perforated plastic bag.

In the freezer: 12 months. Blanch cut fresh beans 3 minutes and whole fresh beans 4 minutes.