

# Your VIP Vegetable: Green Beans



## Why They're Good for You



Green beans are a good source of several vitamins and minerals including vitamins A, C, and K, manganese, and folate.



They fill you up for very few calories—just under 50 calories and 4g of fiber in one cup of cooked green beans.



Green beans are rich in a variety of carotenoids and flavonoids, which include antioxidant properties that support good health.

## Best Ways to Eat Them



When buying green beans, look for them to be a deep, vibrant green color and generally free of dark spots. You can keep green beans unwashed in the refrigerator for up to a week.



Just before cooking, wash the beans in water and remove the tips. Because they're so versatile, you can steam, sauté, boil or bake them.



When fresh green beans aren't available, shop the frozen food section of your grocery store to get your fill year round.

## Perfect Pairings

Eat your green beans with any of the following tasty combinations:

Shallots + Pine Nuts

Chicken + quinoa + stir-fried veggies

Pesto + Salmon

Citrus + walnuts

Mushrooms + Roast Chicken

Tomatoes + onion + balsamic



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