

# Green Bean Recipes

## RECIPE: "FRENCH FRY" GREEN BEANS

### Key Ingredients

- 1 pound Green beans
  - 1-2 Tbsp. Olive oil
  - Salt
  - Pepper
- optional: Garlic powder or other favorite herbs and spices

### Recipe

1. Preheat oven to 400 degrees Fahrenheit.
2. Wash green beans under cold running water. Pat beans dry. Be sure to remove as much moisture as possible to allow oil to stick.
3. In a large bowl, toss green beans with olive oil until evenly and lightly coated.
4. Spread beans evenly on baking sheet and sprinkle with salt and pepper or any other herb or spice.
5. Bake for approximately 20-25 minutes. At about 10-13 minutes flip beans over.

## RECIPE: GREEN BEAN TWIST ON POTATO SALAD

### Key Ingredients

- 2 pounds mini red and/or white potatoes
- 1 pound green beans, cut in half
- 1/2 cup pesto
- 2 Tbsp White wine vinegar
- 2 cups cherry tomatoes, halved

#### Optional ingredients

- Fresh parsley and/or basil
- 1/4 cup Sundried tomatoes, chopped
- Toasted pine nuts

### Recipe

1. Wash potatoes and place in a large pot. Cover with cold water to cover potatoes. Bring to a boil (add salt if desired). Cook until tender. Drain potatoes and place in a large bowl. Allow potatoes to completely cool.
2. Prepare green beans while potatoes cook. Fill a medium pot with water and bring to a boil. Once boiling, add green beans cooking for about 2 minutes. Drain and rinse under cold running water. Set aside drained beans.
3. Once potatoes and green beans are completely cool, combine in a large bowl. Also add pesto, vinegar and other "optional" ingredients. Mix until combined.
4. Add salt and pepper to taste. Fold in cherry tomatoes.

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#### Recipe Reference:

- The Center for Agriculture, Food and the Environment. "Produce Spotlight: Green Beans". (2019). University of Massachusetts Amherst. Retrieved from: <https://ag.umass.edu/nutrition/produce-spotlight-green-beans>
- Wilcox. J. "Jill's Starters". (2010). Jill's Table. London, Ontario, Canada.