

# HOW TO USE FRESH GREEN AND YELLOW BEANS

## How to Store

Store fresh beans in a plastic bag in the refrigerator produce drawer for up to 3 to 5 days. If they will not be used within 5 days, freezing is a better option.

To freeze, clean beans and remove the ends. You can leave beans whole, cut them into 1-2 inch pieces, or slice them into strips. Blanch in boiling water or steam for 3-4 minutes, cool in ice water, drain, package in freezer bags or containers, and freeze.

## How to Clean

Clean under cool, running water. Then snap or cut off the ends.

## Five Tips for How to Use

- Salad – Blanch beans, drain, and combine with tomatoes, red onions, a crumbled cheese like feta, and a vinaigrette. Chill in the refrigerator to allow the flavors to combine. Try adding in fresh basil and toasted almond slices.
- Sautéed – Sauté in olive oil with garlic, salt, pepper. Finish with lemon juice. You can also roast beans in the oven with similar ingredients, they pair well with potatoes.
- Soups – Add beans to soups for extra color, flavor, and variety. Add towards the end of the cooking time for a crisper bean with a brighter color.
- Stir-fry – Sauté beans in oil and soy sauce other vegetables like onions. Add tofu or chicken and serve over a grain like brown rice for a meal.
- With dip – Serve beans raw or blanched with a refreshing yogurt dip.



**Turn over for  
recipe**



# Green Bean Salad

Serves: 6

## Ingredients:

- 24 oz. green beans
- ½ cup sliced black olives
- 3 tablespoons balsamic vinegar
- 3 tablespoons olive oil
- 3 green onions, chopped
- 5 hard-cooked eggs, sliced
- Salt and pepper, to taste

## Instructions:

1. Blanch the green beans in salted water until tender. They should be bright green and still somewhat crisp.
2. Drain the green beans and chill in ice water. Drain.
3. In a large bowl, mix the oil and vinegar. Add in the green beans, green onions, olives, salt, and pepper. Toss well.
4. Top with the sliced eggs. Serve chilled.

## Tips:

- You can substitute red onions for the green onion.
- You can also chill the green beans under cool, running water. Cooling them after blanching helps prevent them from overcooking and becoming mushy.
- Refrigerate the salad before serving to allow the flavors time to combine.
- Try add-ins like tomatoes or fresh herbs.