



# Green Beans

## Snap Beans • String Beans



**Fun Facts:** Some types of green beans are purple, but turn green when cooked.

Yellow or wax beans are closely related to green beans. Green beans are the immature pod and beans of dried legumes. Green beans used to be called "string beans" because of the stringy fiber that grew along the seam of the bean pod. Newer green bean varieties do not have this stringy fiber. Green beans are one of the top 20 vegetables eaten in the U.S.

**Selecting Fresh Green Beans:** Look for green beans with a pod that is firm, crisp, straight and long, and that snaps easily. The tip should be flexible. Avoid green beans with large seeds within the pod. If you can see the bulge of a developing bean through the green pod, the pod will probably need to be discarded since it will be too tough to eat, but the seeds can be removed and cooked. Avoid green beans that are thick, tough, stringy, fibrous or wilted, or with pods that look rusty or damaged.



### Measuring Fresh Green Beans:

1 pound raw = about 14 ounces ready to eat = 3 cups raw = about 2 1/2 cups cooked  
1/2 cup cooked = about 2 1/4 ounces by weight = 63 grams

**Handling and Preserving:** Refrigerate unwashed dry green beans in a plastic bag in the vegetable drawer for up to 3 days. **To freeze,** select fresh green beans. Rinse. Remove stem ends. If desired, snap into 1-inch pieces. Place in boiling water for 2 or 3 minutes, depending on size. Drain immediately and place in ice water for 2 or 3 minutes. Drain again. Pack into freezer bags, leaving 3 inches of air space. Squeeze out the air, seal, date and freeze.

**Preparation and Serving:** Wash beans under cool running water and drain. Remove the stem ends. Enjoy cooked green beans as a hot side dish or chilled in a salad, or use as directed in recipes. To cook: steam, microwave, boil or stir-fry them until fork-tender. Boiled fresh green beans cook in about 15-30 minutes. For best results, do not overcook.

**Nutrition Facts** One serving = 1/2 cup green beans. Each 1/2 cup of cooked green beans has: Calories 22; Protein 1 gram; Carbohydrates 5 grams; Fat 0 grams. Green beans contribute vitamin C, carotenoids (which the body converts to vitamin A), fiber, B vitamins including folic acid, essential minerals and other nutrients, antioxidants and phytochemicals to the diet.

**References:** [www.urbanext.uiuc.edu/veggies](http://www.urbanext.uiuc.edu/veggies); ESHA Food Processor; [www.oznet.ksu.edu/library/fntr2/mf1179.pdf](http://www.oznet.ksu.edu/library/fntr2/mf1179.pdf); Food for Fifty, 11<sup>th</sup> edition, 2001, by M. Molt, Prentice Hall; [www.fda.gov/fdac/special/foodlabel/raw.html](http://www.fda.gov/fdac/special/foodlabel/raw.html)

Prepared by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Oct. 2003.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas.**

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