Green Bean Bundles

| 1 pound | fresh green beans |
| ¼ teaspoon | black pepper |
| 12 slices | turkey bacon |
| 2 tablespoons | unsalted butter |

1. **Preheat** oven to 400°F.
2. **Remove** ends and strings from beans. Wash and dry beans thoroughly and season with black pepper.
3. **Bundle** together 5-8 beans and wrap with a strip of turkey bacon to hold them together.
4. **Lay** each bundle, seam side down in a large baking dish. In a small saucepan, heat butter, garlic, cinnamon and allspice over low heat, whisking until butter is melted.
5. **Brush** the mixture over the top of each green bean bundle with a pastry brush.
6. **Cover** with foil and bake for 35 minutes.
7. **Remove** foil and bake for 15 additional minutes, until bacon is crisp.

**Yield:** 12 bundles

**Nutritional Analysis:**

60 calories, 5 g fat, 2 g saturated fat, 20 mg cholesterol, 170 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar, 3 g protein.

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Kentucky Green Beans

**SEASON:** June to September

**NUTRITION FACTS:** One-half cup of unseasoned green beans has 15 calories, is low in fat and sodium, and provides fiber, vitamin A, and potassium.

**SELECTION:** Choose slender, firm, smooth, crisp beans with slightly velvet-like pods and a bright color. Beans should be free of blemishes and have small seeds.

**STORAGE:** Beans should be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

**PREPARATION:** Wash and remove stems and strings. Cook by steaming in a small amount of water, until tender-crisp, about 5 to 8 minutes. They can be cooked directly in soups or stews. Green beans go well with seasonings such as chives, dill, marjoram, mint, oregano, thyme, lemon, mustard, or onion.

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**GREEN BEANS**

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students

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