



Green Bean Medley

1 pound fresh green beans	1½ tablespoons lime juice	1 medium red bell pepper, sliced to narrow lengthwise strips
6 tablespoons light soy sauce	2½ tablespoons sesame oil	2 cups sliced mushrooms
1½ teaspoons balsamic vinegar	4 teaspoons minced garlic	2 cups yellow sweet corn, fresh or frozen

Place the green beans in a large saucepan with one inch of water. Bring to a **boil**, **cover** and **steam** for 5 minutes. Green beans should still be firm. **Drain**. In a small bowl **stir** together soy sauce, balsamic vinegar and lime juice; set aside. **Heat** the sesame oil in a large skillet over medium heat. **Add** minced garlic and **cook** until it starts to brown. **Add** red bell pepper and mushrooms; **stir** to coat with oil. **Cook** 3 minutes. **Add**

corn and green beans; **stir** to coat with oil. **Cook** an additional 2 minutes. **Stir** in the soy sauce and lime juice mixture and **simmer** for a couple of minutes, **uncovered** to reduce the sauce. **Serve**.

Yield: 6, 1 cup servings.

Nutritional Analysis: 150 calories, 7 g fat, 1 g saturated fat, 0 mg cholesterol, 640 mg sodium, 17 g carbohydrate, 3 g fiber, 6 g sugars, 4 g protein.

Kentucky Green Beans

SEASON: June to September

NUTRITION FACTS: One-half cup 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 with a bright, green color. Bean pods should be free of blemishes and have small seeds.

STORAGE: Beans can 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 also 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.

KENTUCKY GREEN BEANS

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.
<http://plateitup.ca.uky.edu>



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