

Braised green beans

Recipe created by: Angelica Pozzoli, Dietetic Intern

INGREDIENTS

- 1 lb fresh green beans
- 3 Tbsp extra virgin olive oil
- 5-6 medium, ripe tomatoes, diced
- 1-2 medium sweet onions, roughly chopped
- 1 tsp cinnamon
- Salt and pepper to taste
- 3 gloves garlic, minced
- 1 tsp nutmeg
- Parsley sprigs
- 1 tsp allspice

DIRECTIONS

1. Cut off the ends of the green beans, wash thoroughly, and cut into 1/3rds.
2. Heat olive oil in a large saucepan over medium-high heat.
3. Add the onion and sauté for 3-4 minutes.
4. Add garlic and continue to sauté for 2 minutes, until fragrant.
5. Add the green beans, cumin, cinnamon, and diced tomatoes and mix together.
6. Bring to a boil, then cover and turn the heat down to low.
7. Simmer for 40-45 minutes, or until green beans are tender, stirring occasionally.
8. Adjust seasonings to taste as well as salt and pepper.
9. Serve warm over rice or with a side of pita bread, and garnish with parsley.



FUN FACT

Braised green beans, known as loubieh bi ziet in Lebanon, are a popular summer dish across the Mediterranean during the summer months. Loubieh bi ziet literally translates to green beans in oil in Lebanese.



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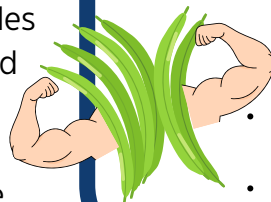
Meant-to-bean green beans

BEANS, BEANS, BEANS

- Green beans are the seed-containing pods that are picked while still immature and the inner beans are just starting to grow.
- They also go by the names string beans or snap beans (NOT to be confused with sugar snap peas).

GARDENING, SHOPPING & PREPARATION TIPS

- Green beans are classified into two major groups, bush beans and pole beans.
 - Bush green beans grow on a plant approximately two feet tall.
 - Pole bean plants actually grow around poles supporting them and are usually larger and flatter than bush beans
- You can eat the pod or shell of green beans.
- Green beans can be eaten raw, or they can be steamed, boiled, stir-fried and baked in casseroles.



NUTRITION FACTS

- A single cup of fresh green beans contains approximately 25% of your recommended daily intake of vitamin C.
- Green beans are also a good source of potassium, folate, Vitamin A, and Vitamin K.

Protein & Fiber: The Killer Combo

- Green beans have a whopping 2g of protein and 4 g of fiber (when cooked) per serving (1 cup).
 - Other vegetables including green peas and spinach have up to 8g of protein per serving.
- Eating these two nutrients together will help you feel full longer, with fewer calories.
- Both also aid in the management of blood sugar and cholesterol.

PRODUCE SEASONALITY IN NJ
• Green beans: Mid
June - End of October