

GREEN BEANS



Green beans are in the OTHER vegetable group category. They are a good source of vitamin C and vitamin K. They also have fiber, vitamin A, folate, and other nutrients.

Green beans can be served steamed, boiled, sautéed. They also can be blanched and used on a salad bar.

FUN FACT :

Green beans take nitrogen from the air and put it back into the soil, so growing green beans can be good for your school garden soil! Green beans can actually be green, yellow, purple, or speckled. “Haricot vert” is French for green bean. This term often refers to young slender beans served whole.



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Safety:	<p>Fresh green beans can be stored in the refrigerator for 3-4 days in a plastic bag. Before cooking or raw use, wash the green beans under running water and trim off the ends. The green beans can be cut into smaller pieces, or left whole.</p> <p>Always use a different cutting board for vegetables and meats to prevent cross contamination. Use gloves for produce that will be served raw.</p>
Yield:	<p>For 100, ½ cup servings, purchase 18.2 lbs of whole untrimmed beans.</p> <p>For 100, ½ cup servings, purchase 16.2 lbs of pretrimmed & cut fresh green beans.</p>
Quality:	<p>When choosing or receiving green beans, ensure that the green bean is long, with a straight pod, and has good color. A good way to check for quality is to see if the bean snaps easily when it is bent. Choose green beans that have no decay or blemishes present.</p>
Storage:	<p>For optimum results, untrimmed green beans should be stored in the warmest part of the refrigerator, or in the coolest part of the storeroom, 45-50 ° F, in 85%-95% humidity.</p> <p>Green beans should be stored away from apples and bananas to maintain their freshness longer.</p>
Preparation:	<p>Wash beans and trim off stem ends and tails. Beans can be snapped, cut, or left whole.</p> <p><u>Blanched</u></p> <ul style="list-style-type: none">• Boil or steam for 2-3 minutes and then plunge into ice water until chilled. This softens the beans slightly and brings out the color. Use blanched beans on salad bars, in marinated bean salads, and in stir fry. <p><u>Boiled</u></p> <ul style="list-style-type: none">• Bring medium pot of water to a boil and add green beans. Boil green beans for 4-5 minutes uncovered until they are crisp/tender. When complete, drain the green beans from the water. Season to preference and enjoy! <p><u>Steamed</u></p> <ul style="list-style-type: none">• Use a commercial steamer for 3-5 minutes. Batch cook to insure a quality product is served.
Seasonings:	<p>Green beans are delicious with Italian seasonings and tomatoes, dill, onions, garlic, lemon, sesame and ginger, or just with a little salt and pepper.</p>