



GREEN BEANS

IN SEASON

June - October

HOW TO SELECT

Choose slender beans that are crisp, brightly-colored, & free of blemishes. Snap off the ends as you wash them.

HOW TO STORE

Store unwashed green beans in a plastic bag & refrigerate up to 1 week. Wash & trim ends before cooking.

HELPFUL TIP

Try blanching & freezing green beans to enjoy OK Grown beans all year long.

HEALTHY GREEN BEAN CASSEROLE

GREEN BEANS



Nutrition Facts

Serving size: 1/6th recipe (173g)
Servings Per Recipe 6

Amount Per Serving

Calories 153 Calories from Fat 22

% Daily Value

Total Fat 2g	4%
Saturated Fat 2g	10%
Trans Fats 0g	
Cholesterol 3mg	0%
Sodium 430mg	20%
Total Carbohydrate 20g	8%
Dietary Fiber 3g	10%
Sugars 4g	
Protein 4g	
Vitamin A 10%	Vitamin C 15%
Calcium 10%	Iron 6%

40 MIN | SERVES 6

INGREDIENTS:

- 1 (10.75 oz) can 98% fat-free cream of mushroom soup
- 3/4 cup fat-free milk
- 18 multi-grain saltine crackers, crushed
- 1/4 tsp pepper
- 1 lb **GREEN BEANS**
- 1/3 cup French fried onions

PREPARATION:

1. Preheat oven to 350°F.
2. In a glass baking dish, add soup, milk, crackers & pepper. Mix well. Add green beans to mixture. Mix well & spread out evenly in dish.
3. Bake uncovered 25 minutes.
4. Top with onions. Bake another 5-10 minutes, or until top is golden brown.