

# March Vegetable- Green Beans!

## Fun Facts!

- Green beans contain nutrients that help prevent diabetes, cardiovascular disease, and cancer.
- They are a part of the legume family.
- They originate from South & Central America
- The term “string bean” comes from the green bean, as they used to have a noticeable “string”/fiber that grew down its seam and had to be removed before cooking.
- There are 2 different types of green bean plants, pole (grow upwards) & bush (grow outwards).
- Indigenous tribes grew them with corn so the beans could climb up the stocks.



## Green Beans with Ginger & Garlic

### Ingredients:

- 2 ½ pounds green beans
- 4 tbsp vegetable oil
- 4 medium sized cloves garlic, minced
- ¼ cup minced ginger
- Salt to taste

### Instructions:

- bring a large pot of salted water to boil.
- fill a large bowl with ice water, set aside.
- Working in batches, boil beans until just tender and bright green (~4-6 mins).
- When done, plunge beans into ice water to stop cooking. Remove when cool and & drain on paper towels.
- Heat 2 tbsp of oil in a wide skillet over high heat. Working with ½ of ingredients if needed, add the beans, ginger, and garlic, tossing constantly.
- Cook until just heated through and the ginger & garlic have softened. Remove from heat. Sprinkle with salt and serve.