



## Get to know: Green Beans

Green beans, *Phaseolus vulgaris*, are beans that are harvested and eaten without removing the immature seeds from their protective pods. If the seeds of *Phaseolus vulgaris* are allowed to mature and then dried they are simply known as “beans.” Green beans are native to the Americas but were brought to Europe by Christopher Columbus in 1493 and have since spread across the world. The three most common types of green beans are string or snap beans, which come in a variety of shapes and sizes; stringless or French beans, which lack the tough fibrous “string” that runs down the length of string or snap beans; and colourful runner beans, which actually belong to the related species *Phaseolus coccineus* and are prized by home gardeners for their beautiful red or white flowers.



### Nutrition

One serving (110g) of green beans has 34 calories, 8g of carbohydrates, 4g of fibre, and 2g of protein. With their high amount of fibre and low amount of calories, green beans are a nutritious and filling choice if you are trying to lose weight.

### Fun Facts

Green beans are grown on every continent except for Antarctica. China is the largest producer of green beans, exporting over 15 million tons per year. Some varieties of green beans actually start out with purple pods, only turning green once you cook them.

### Health Benefits

Green beans are low in Saturated Fat and Sodium, and very low in Cholesterol. They are an excellent source of fibre, Vitamin K, Vitamin C, Vitamin B1, Vitamin B2, manganese, and folate, among other important nutrients. Green beans contain many antioxidants, with even greater antioxidant capacity than similar foods such as snow peas and winged beans. Because of these antioxidants, green beans help to promote cardiovascular health.

source: [en.wikipedia.org/wiki/Phaseolus\\_vulgaris](https://en.wikipedia.org/wiki/Phaseolus_vulgaris), [en.wikipedia.org/wiki/Phaseolus\\_coccineus](https://en.wikipedia.org/wiki/Phaseolus_coccineus), [nutritiondata.self.com](https://nutritiondata.self.com), [whfoods.com](https://whfoods.com), <http://www.cliffordawright.com/>  
image: [www.healthfitnessrevolution.com](https://www.healthfitnessrevolution.com)

## What you can try with green beans:

### Green Beans with Roasted Nuts and Cranberries

by: Kate Merker of Real Simple

Serves: 8

#### What You Need:

- Salt and pepper
- 1 and 1/2 lbs (680g) green beans
- 2 Tbsp extra virgin olive oil
- 1/2 cup roasted, unsalted mixed nuts, roughly chopped
- 1/4 cup dried cranberries

#### What to do:

1. Bring a large pot of water to a boil. Add 1 tablespoon salt and the green beans and cook until tender, 4 to 6 minutes.
2. Meanwhile, in a large bowl, combine the oil, nuts, and cranberries.
3. Drain the green beans and transfer them to the bowl. Add 1/2 teaspoon salt and 1/4 teaspoon pepper and toss to coat. Serve warm or at room temperature.

Source: <http://www.realsimple.com/food-recipes/browse-all-recipes/green-beans-roasted-nuts-cranberries>

## Try these other recipes

- Green bean bredie: <http://www.paarman.co.za/recipe/green-bean-bredie>
- String (Green) beans with ginger and garlic: <http://cooking.nytimes.com/recipes/146-string-beans-with-ginger-and-garlic>
- Green bean, potato, and dill salad: <http://www.acouplecooks.com/2011/06/green-bean-potato-and-dill-salad/>