



Recipe of the Month

GREEN BEANS WITH FETA CHEESE AND DILL

Green Beans

The green bean is a tender, warm season vegetable that ranks second to tomato in popularity in home gardens.

Harvest green beans when the pods are firm, crisp, and fully elongated, but before the seeds within the pod have developed significantly.

Fresh beans vary in color, shape, and length of pod.

Bean varieties available at your local market include either bush or pole beans. Some of the names are Kentucky Wonder, Tenderettes, and Blue Lake.

Beans are high in vitamins A and C. They have 15 calories per one-half cup serving, are low in sodium, and provide some fiber and potassium.

Beans should be picked from the garden when they are straight and slender. They should be mature in length, but not over-mature. Overly mature beans will have seeds, bulging in the pods and will be tough, stringy, and have a starchy taste. Avoid beans with rust spots and scars.

Dill

Dill, a popular annual herb, has bluish-green stems that contrast with finely divided, yellow-green, plume-like leaves and yellowish flowers.

Dill weed was mentioned in ancient Egyptian medical texts in 3000 BC.

Dill grows about 2 to 3 feet high.

Harvest dill near the time you plan to use it.

Dill compliments carrots, cottage cheese, fish, green beans, potatoes, and tomatoes.

Both the leaves and seeds of dill are popular for flavoring pickles, sauerkraut, and beet dishes.

Presentation Plan

Grocery list:

Feta Cheese, low-fat Italian dressing, red onions, almonds, lemon juice, and green beans for recipe and display.

Equipment needs:

Basket for green beans, canning jar for dill, stock pot for cooking beans, 2 medium to large glass bowls, knife, measuring cups, large wooden spoon, cutting board for chopping onions, ice and heat source (stove or hot plate).

Display preparation:

- Cover table with bright cloth or placemats for two display areas—one for demonstration and one for finished product.
- Arrange green beans in basket, place dill in canning jar with water for demonstration purposes (like a small flower arrangement).
- Have cutting board for chopping onions and small demonstration bowls for other premeasured ingredients (almonds, feta cheese, lemon juice, etc).
- Have clear bowl for display and sampling.

Demonstration steps:

1. Discuss focus commodities and talking points.
2. Prepare recipe, discussing function of ingredients to the success of the finished product.
3. You may use one of two methods of demonstration—Cook greens beans and drain into bowl of ice water to stop cooking, or have green beans cooked and chilled for quicker presentation.
4. Add other ingredients to finish recipe.
5. Serve and discuss menu options for entrees or side dishes.

Green Beans with Feta Cheese and Dill

2 pounds fresh green beans, trimmed

¼ cup low fat Italian dressing

¼ cup traditional Feta cheese

¼ cup chopped red onion

¼ cup chopped fresh dill

¼ cup almonds

1 teaspoon lemon juice

Directions: **Steam** green beans in a small amount of water for 5 minutes or until tender.

Rinse with cold water. **Drain.**

Place the cooked green beans in a large bowl and add the remaining ingredients.

Toss to coat.

Serve immediately or chill to serve later.

Yield: 10, 1 cup servings

Nutrition Analysis: *100 calories, 4 g fat, 170 mg sodium, 10 g carbohydrates, 3 g protein, 3 g fiber.*

Source: www.fruitsandveggiesmatter.gov

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Kentucky Proud Project

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