



Green Beans with Ham and Basil

¾ cup low-fat sun dried tomato dressing

1 pound fresh green beans

1 red onion, sliced

2 cloves garlic, minced

1 cup chopped ham

3 tablespoons chopped fresh basil

1 teaspoon garlic salt

Heat dressing in a large skillet over medium heat for 3 to 5 minutes.

Add fresh green beans that have been washed and trimmed, red onion, garlic, and ham.

Cover and cook 5 minutes or until the beans are crisp-tender and ham is cooked.

Top with basil and garlic salt, stir, cover and continue to cook for 1 to 3 minutes.

Yield: 8, ½ cup servings

Nutrition Analysis: 120 calories, 6 g fat, 15 mg cholesterol, 860 mg sodium, 8 g carbohydrates, 5 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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Kentucky Green Beans

SEASON: June to September

NUTRITION FACTS: One-half cup of unseasoned green beans has 15 calories, is low in fat and sodium, and provides fiber, vitamin A, and potassium.

SELECTION: Choose slender, firm, smooth, crisp beans with slightly velvet-like pods and a bright color. Beans should be free of blemishes and have small seeds.

STORAGE: Beans should be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Wash and remove stems and strings. Cook by steaming in a small amount of water, until tender-crisp, about 5 to 8 minutes. They can be cooked directly in soups or stews. Green beans go well with seasonings such as chives, dill, marjoram, mint, oregano, thyme, lemon, mustard, or onion.

GREEN BEANS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition

and Food Science students

June 2010

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