



## Green Bean Bundles

- 1 pound** fresh green beans  
**¼ teaspoon** black pepper  
**12 slices** turkey bacon  
**2 tablespoons** unsalted butter
- 2 cloves** garlic, minced  
**⅛ teaspoon** ground cinnamon  
**¼ teaspoon** allspice

- 1. Preheat** oven to 400° F.
- 2. Remove** ends and strings from beans. Wash and dry beans thoroughly and season with black pepper.
- 3. Bundle** together 5-8 beans and wrap with a strip of turkey bacon to hold them together.
- 4. Lay** each bundle, seam side down in a large
- baking dish. In a small saucepan, heat butter, garlic, cinnamon and allspice over low heat, whisking until butter is melted.
- 5. Brush** the mixture over the top of each green bean bundle with a pastry brush.
- 6. Cover** with foil and bake for 35 minutes.
- 7. Remove** foil and bake for 15 additional minutes, until bacon is crisp.

**Yield:** 12 bundles  
**Nutritional Analysis:**  
*60 calories, 5 g fat, 2 g saturated fat, 20 mg cholesterol, 170 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar, 3 g protein.*



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



## Green Bean Bundles

- 1 pound** fresh green beans  
**¼ teaspoon** black pepper  
**12 slices** turkey bacon  
**2 tablespoons** unsalted butter
- 2 cloves** garlic, minced  
**⅛ teaspoon** ground cinnamon  
**¼ teaspoon** allspice

- 1. Preheat** oven to 400° F.
- 2. Remove** ends and strings from beans. Wash and dry beans thoroughly and season with black pepper.
- 3. Bundle** together 5-8 beans and wrap with a strip of turkey bacon to hold them together.
- 4. Lay** each bundle, seam side down in a large
- baking dish. In a small saucepan, heat butter, garlic, cinnamon and allspice over low heat, whisking until butter is melted.
- 5. Brush** the mixture over the top of each green bean bundle with a pastry brush.
- 6. Cover** with foil and bake for 35 minutes.
- 7. Remove** foil and bake for 15 additional minutes, until bacon is crisp.

**Yield:** 12 bundles  
**Nutritional Analysis:**  
*60 calories, 5 g fat, 2 g saturated fat, 20 mg cholesterol, 170 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar, 3 g protein.*



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

# 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](http://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

July 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/fcs](http://www.ca.uky.edu/fcs).

COOPERATIVE  
EXTENSION  
SERVICE



# 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](http://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

July 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/fcs](http://www.ca.uky.edu/fcs).

COOPERATIVE  
EXTENSION  
SERVICE

