



Media Script

GREEN BEANS WITH FETA CHEESE AND DILL

CONTACT INFORMATION:

Fresh, crisp, summer green beans and fresh herbs are a great taste combination. We traditionally think of green beans as a hot side dish to accompany a meal, but how about a crisp, cool salad that will tickle the taste buds.

Green beans are often called string beans because a fibrous string runs along the seam of the bean. The string is noticeable when you snapped off the ends. The snapping noise is the reason for its other nickname, snap beans.

One half cup of unseasoned green beans has only 15 calories, is low in sodium, and provides fiber, vitamin A and potassium.

Fresh green beans are available all year, with a peak season of June to September. Green beans are also available canned and frozen. To ensure uniform cooking time, select beans of similar size and shape. Choose slender beans (no thicker than a pencil) that are crisp and free of blemishes. The beans should be a bright green color. Do not purchase beans that are stiff or have the seeds visible through the pod because those beans will be tough. Keep green beans dry in a perforated plastic bag and store in the vegetable crisper of the refrigerator. They should stay fresh for 3 to 5 days.

Wash beans thoroughly in clear, cool water. Remove stems and strings. Cook by steaming in a small amount of water, until tender-crisp, about 5 to 8 minutes. Beans can be cooked whole, cut crosswise or diagonally, or French-cut (cut along the length of the bean). If you want crisp, sweet-tasting, fresh beans, cut them as little as possible. Cut older, more mature beans in the French style. Green beans can also be cooked directly in soups or stews. They go well with seasonings, such as chives, dill, marjoram, mint, oregano, thyme, lemon, mustard, or onion.

Try this great new recipe for a special side dish for a cool summer dinner.

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

For more information on using “Kentucky Proud” fruits and vegetables, contact your local Cooperative Extension Service or visit: www.kentuckyproud.com

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