



Recipe of the Month

GREEN BEAN BUNDLES

Green Beans

Green beans are a delicious addition to any meal. Find them fresh from late spring to early fall. The green bean is a warm season vegetable that ranks second to the tomato in popularity in home gardens.

Green beans, otherwise known as snap or string beans, are the most popular edible pod bean in the United States.

Harvest green beans when the pods are firm, crisp and fully elongated, but before the seeds within the pod have developed significantly. Overly mature beans will have seeds, bulging in the pods and will be tough and stringy with a starchy taste. Avoid beans with rust spots and scars.

It is best to handpick green beans from a market that sells them loose. Do not purchase beans that are stiff or have the seeds visible through the pod because those beans will be tough.

Green bean varieties available at your local market include either bush or pole beans. Some of the most common varieties grown in Kentucky are the Kentucky Wonder, Tenderettes, Blue Lake and White-Half Runner beans.

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.

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

Store fresh beans unwashed, in a plastic bag kept in the refrigerator crisper. Whole beans stored this way can keep for about three to five days.

Presentation Plan

Grocery list:

- One pound fresh green beans, (choose long beans of similar size) for the recipe and additional green beans for display
- Black pepper
- Turkey bacon
- Unsalted butter
- Garlic cloves
- Ground cinnamon
- Allspice

Equipment needs:

- Water for washing beans
- Stove top or hot plate
- Oven
- Colander
- Cutting board
- Paring knife
- Paper towels
- Large baking dish
- Small saucepan
- Pastry brush

- Aluminum foil
- Basket for extra beans

Display preparation:

- Cover table with bright cloth or placemats for two display areas—one for demonstration and one for finished product.
- Have cutting board for cutting ends off green beans and small glass bowls for premeasured ingredients.
- Medium platter for displaying finished product.
- Have basket or other item to put extra green beans in for display area.

Demonstration steps:

1. Discuss focus commodities and talking points.
2. Prepare recipe, discussing function of ingredients to the success of finished product, i.e. long, similar size beans will work best for this recipe.
3. This recipe will work best for demonstration in an area where you can have an oven to bake the green beans, but you could also have just the finished product available for tasting where no oven is available.
4. Serve and discuss menu options for entrees. Since this recipe is a little elegant in presentation, it would make a nice accompaniment for steaks, roasts or other holiday type meals. The bean bundles could be made smaller and served as an appetizer.

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

Directions:

- 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.*

Source: www.fruitsandveggiesmatter.gov

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Plate It Up! Kentucky Proud Project

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