



(Cut out cards on dotted lines)

Yield 4 to 6 Servings

Snap Bean and Tomato Sauté

- 2 pounds of fresh Florida snap beans
- 3 large Florida tomatoes, seeded and chopped
- 3 cloves garlic, minced
- 2 onions, finely chopped
- 1 cup of olive oil
- 1 Florida green pepper, sliced thin
- 1/2 bunch of fresh parsley, finely chopped
- 1/4 cup of water
- Kosher salt and fresh ground pepper to taste

Preparation

Wash and rinse the snap beans, then cut off the tip of each end.

In a tall-sided pot, sauté the onions in olive oil until they start to turn translucent. Stir in the garlic and continue cooking a few minutes more. Add the snap beans and green pepper and cook for another five minutes. Add the tomatoes, water, salt and pepper. Bring liquid in pan to a boil, reduce heat and cover. Simmer for 5 minutes or until desired tenderness. Serve warm as a side dish.

Top this dish with fresh grated parmesan cheese and finely chopped parsley.



FLORIDA Snap Beans



(Cut out cards on dotted lines)

Yield 4 to 6 Servings

Asian Style Snap Beans

- 1 pound fresh Florida green beans
- 1/4 cup of your favorite Asian sauce (spicy or sweet)
- 2 tablespoons fresh grated ginger root (or 1 teaspoon dried)
- 1 tablespoon sesame seeds (black or white)
- Kosher salt and fresh ground pepper to taste

Preparation

Cook green beans in a large pot of tightly salted water until desired tenderness (about 4 minutes). Drain beans and place in a mixing bowl. Toss hot beans with sauce, ginger and sesame seeds; stir well. Taste and adjust seasoning with salt and pepper. Serve warm.





Florida Snap Beans

Florida ranks first nationally in the production, acreage and total value of fresh market snap beans. They are available from October through May, with peak months of February, March and April.

How to buy:

If the snap beans are bendable, leave them behind; they should break or snap crisply. The pods should be smooth and uniformly colored. The pointy ends should be perky and undamaged, and there should be no wrinkling, bruises or shriveled spots.

Tips for storage:

Store beans in a ventilated plastic bag in the refrigerator.

Cooking tips:

To get the best flavor out of snap beans, do not overcook them. Cook them in slightly salted water for four to seven minutes, than plunge them into ice water to stop the cooking process. Make sure to trim the top of the bean where it was attached to the plant.

Flavors well with:


Bacon, olives, onion, tomatoes, basil, oregano, dill, rosemary, marjoram

Nutrition info:

Serving Size: 110g (1 cup) • Calories 34
Calories from fat 1.17g • Total Fat 0.13g
Total Carbohydrate 7.84g
Protein 2g
Fiber 3.7g



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Asian Style Snap Beans

