

Beans

Nutritional Notes by Martha Berkesch

All beans have their ancestry in Peru and are now grown all over the world. You can eat the whole bean, pod and seed of the green and yellow snap beans and the flat Italian beans you may get in your share. Even though they are in the same family as other beans such as pinto, kidney and black beans. These beans you can eat raw are actually picked before they are fully mature.

Green beans provide high amounts of vitamin C, vitamin K (25%), manganese, vitamin A, dietary fiber, potassium, folate, iron, magnesium, thiamin, riboflavin, copper, calcium, phosphorus, niacin, protein and even omega-3 fatty acids. The vitamins A and C, magnesium, potassium and folate found in beans can significantly reduce your risk of atherosclerosis, diabetic heart disease, heart attack, and stroke.

They are also a good source of riboflavin, which has been shown to help reduce the frequency of migraine attacks in people who suffer from them. A good source of iron, green beans are especially important for menstruating, pregnant and nursing women and for growing children and adolescents and have fewer calories and less fat than red meat, a well-known source of iron.

Ideas: Three bean salad, sauté, roast Green Beans – pickle! green bean slaw, steam, salt and eat as a snack, blanch & freeze, batter with tempura & fry Beans – add to soups, curries, sauté in cilantro herb butter or oil. Green beans are tender and one of my all-time favorite garden snacks. I really love eating them raw and have since I was a kid. Or I like boiling for 5 minutes, drain and drizzle with a bit of balsamic vinegar and olive oil with chopped walnuts. Serve warm or chilled. Yellow or Wax Beans- More beans! Luckily you can treat them all the same. Mix them together for richly colored meals and notice the subtle flavor differences between them all! Eat Your Beans!

Not so much a recipe here, as some great ideas as to how your green beans can be enjoyed. Try: Lightly steamed green beans in your next green salad – they go well with cubed cheeses or meats, toasted almonds and blackberries.

Drizzled with Balsamic Syrup reduce one cup of Balsamic Vinegar down to $\frac{1}{2}$ cup by simmering on low heat until half the liquid evaporates.

Drizzled with some Honey- Mustard Vinaigrette and toasted chopped pine nuts, hazelnuts, almonds, walnuts or pepitas. Dressed with Pomegranate Molasses (so delicious!) – to make your own, home-made, cheater style molasses, combine 3 cups pomegranate juice, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup lemon juice and boil gently until reduced by half. Also makes a wonderful dressing for grilled radicchio. Remember Stir-Fries!

Green Beans with Tomatoes and Herbs

2 Tbls extra virgin olive oil

1 clove garlic, minced

1/4 tsp red pepper flakes

1/2 cup sliced onions

2 tsp dried oregano

1/2 tsp dried thyme

1 pound green beans, cut in half

1 sprig rosemary leaves

2 tomatoes, cut into wedges

Salt to taste or 2 Tbls salted butter

Heat oil in a deep pan over medium heat. Add garlic and pepper flakes: sauté until fragrant. Add onions; sauté until translucent, 3-5 minutes. Add $\frac{1}{4}$ cup water, the dried spices and green beans. Stir, cover and steam-cook beans until nearly done, 10-15 minutes. Stir in the rosemary and tomatoes. Cook very briefly, until the tomatoes are warmed through and beans are done. Season with salt, or, if you prefer, melt salted butter over the beans before serving. *From Asparagus to Zucchini

Zydeco Beans These beans are great in Bloody Marys!

6-12 sliced garlic cloves
6 tsp yellow mustard seeds
3 pounds green beans, trimmed
6-12 small hot peppers
6 dill heads or 6 tsp dill weed
3 1/2 cups white wine vinegar
2 Tbls pickling salt
3 1/2 cups water

Sterilize 6 pint jars. Divide garlic, mustard seeds, beans, peppers, and dill into jars. Bring vinegar, salt, and water to a boil; pour over beans, leaving 1/2 inch head space. Place lids on jars and process 35 minutes in boiling water. Age the pickles at least one month before snacking on them.

Caramelized Fennel with Beans, Carrots & Chile Soy Drizzle

1 large fennel bulb
1 Tbsp. plus 2 tsp. olive oil, divided
1 lb. broccolini (about 1 bunch), tough ends trimmed
2 medium carrots, skin peeled, then peeled into thick ribbons with a vegetable peeler
2 cloves garlic, sliced thin, plus 1 clove garlic, minced, divided
1 medium shallot, minced
1/4 tsp. red pepper flakes
1/4 tsp. sesame oil
2 tsp. low-sodium soy sauce
1 tsp. raw organic honey
1/4 cup balsamic vinegar

Cut stems, root end and core from fennel and slice bulb very thin. Coat bottom of a large straight-sided sauté pan over medium-high heat with 1 tablespoon olive oil. When oil is hot, add fennel and sauté for 5 minutes, until it begins to brown. Add 1/2 cup water, beans, carrots and sliced garlic to fennel and cover pan. Reduce heat to medium and let vegetables steam for 20 minutes, until beans are tender. Remove lid, increase heat to medium-high and continue to cook until nearly all liquid at the bottom of the pan has evaporated. While the vegetables cook, make chile soy drizzle. Add remaining 2 teaspoons olive oil to a small sauce pot over medium heat. Add minded garlic and shallot and sweat them for 2 minutes. Stir in pepper flakes, sesame oil, soy sauce, honey and vinegar. Simmer for 10 minutes. *Clean Eating

Tasty Green Beans

1 lb. green beans, trimmed
1/8 cup sesame oil
½ T garlic, minced
¼ cup soy sauce
2 T bouillon or stock
1/8 cup water
Salt & pepper to taste

Bring a large pot of water to a boil. Add green beans and cook 5 min. Drain and rinse with cold water. Heat oil over high heat. Add green beans, onion & garlic, stirring well. Stir in soy sauce, bouillon and water. Reduce heat to low and simmer, stirring occasional, for 20 min. Season with salt & pepper to taste.

Pickled Green Beans Serve as an appetizer, eat as a snack or go wild and add beans to your Bloody Mary!

½ pound whole green beans

1 jalapeño or other hot pepper, cut into strips

1 large clove garlic, cut in half

1 bay leaf

1 cup white wine vinegar

1 cup water

½ cup white wine

1 T sugar

1 T salt

1 T whole coriander seeds

1 T mustard seeds

1 T whole peppercorns

Place beans in glass dish. Tuck jalapeño, garlic and bay leaf between beans. Place remaining ingredients in medium saucepan. Heat to a boil; stir to dissolve sugar and salt. Reduce heat; simmer 5 minutes. Pour mixture over green beans, making sure beans are fully submerged in liquid. If not, add additional hot water to cover. Cover; refrigerate at least 24 hours. Remove and discard bay leaf before serving. Flavor improves in 48 hours and beans may be kept refrigerated for up to five days. Remove beans from liquid before serving. -Food.com

Marinated Zucchini & Green Bean Salad

1 lb. zucchini, trimmed

1/2 lb. green beans, trimmed

1 T fresh dill, finely chopped

1/4 cup scallions, finely chopped

1 cup white mushrooms, sliced

1/3 cup white wine vinegar

1/3 cup olive oil

Salt and freshly ground black pepper

Using a mandolin or a knife, julienne zucchini. Halve green beans lengthwise and again horizontally. (Zucchini and beans should be about the same size.) Blanch vegetables, drain, and transfer to a bowl. Add dill, scallions, and mushrooms. Toss with vinegar and oil, and season with salt and pepper. Refrigerate for at least 1 hour before serving. – Food 52

Dilled Green Bean Salad

4 1/2 cups cooked beans of any variety

3 stalks celery, chopped

1 onion, chopped

2 cloves garlic, minced

2 t dill, chopped

3 T olive oil

Salt & pepper

Finely chop the onion and celery stalks. Finely dice the two garlic cloves. Drain the beans and rinse them under cool water. Mix beans, celery, onion, and garlic with 2 tablespoons dried dill, 3 tablespoons olive oil, 1 teaspoon salt, and fresh ground pepper. Cover and refrigerate for at least 3 hours, or overnight if possible. – Food 52

Tempeh and Green Bean Stir Fry

2 t brown sugar
5 t soy sauce
1 t Sriracha
4 garlic cloves, chopped
1 T plus 2 t sesame oil, divided
1 package tempeh, cut into 1/3-inch strips
2 cups thinly sliced carrot
1 cup red bell pepper, sliced
1 pound green beans, trimmed
1/2 cup water
3/4 cup thinly sliced green onions, divided
1 cup mung bean sprouts
1 recipe of your favorite peanut sauce (1/2 to $\frac{3}{4}$ cup)

Combine 2 t sugar, 5 t soy sauce, 1 t Sriracha, garlic in a small bowl, stirring with a whisk. Add 1 T sesame oil to med skillet, swirling to coat. Add tempeh & half of soy sauce mixture; stir-fry for 5 minutes or until tempeh is golden brown. Remove tempeh mixture from pan. Add remaining 2 t oil to pan, swirling to coat. Add carrot, bell pepper, and green beans to pan; stir-fry 3 min. Add 1/2 cup water; reduce heat to medium. Cover and simmer for 5 min or until beans are crisp-tender. Stir in remaining half of soy sauce mixture, tempeh mixture, half of onions, and bean sprouts; cook for 2 min or until sprouts are tender. Serve with peanut sauce and remaining half of onions. –Eatingwell.com

Carrot, Bean and Bok Choy Stir Fry

1 t. peanut oil
3 T. minced shallots
2 carrots, sliced diagonally
1 c. fresh green beans, cut into 1 inch pieces
1 c. chopped bok choy
1/3 c. vegetable broth 1 T. soy sauce

Heat the oil in a wok or skillet over high heat. Add the shallots and sauté for 3 min. Add the carrots and stir fry for 3 min. Add the green beans and stir fry for 2 min. Add the bok choy and stir fry for 2 min. Add the broth and simmer for 2 minutes. Add the soy sauce and serve over rice, rice noodle or on its own. ~Great with Cosmic Apple Beef Stir-fry!

Basil Beans!

1 lb. green beans, ends trimmed
1 T. olive oil
1 c. packed basil leaves, thinly sliced
Bring a medium pot of water and 2 t. salt to a boil. Meanwhile, prepare a bowl of ice water for shocking the beans. When the water boils, add the beans and cook until bright green and barely tender, 4-6 min. Remove the beans to the ice water. Leave them to cool 1 or 2 min; any longer and their flavor will start to wash away. Move them to a clean towel to dry. Heat the olive oil in a med. sauté pan over med. heat. When it's warm, add the beans and basil and toss to combine. Cook just until the beans are hot, 2-4 minutes. Season to taste with salt and pepper.

Sesame Green Beans and Bok Choy

1 Bok Choy
1 lb. Trimmed green beans
2 T. Sesame oil
1 T. toasted Sesame seeds

Generous pinches of salt

Partially fill a large wide pot with water and bring to a boil. Meanwhile, trim ends from bok choy. Rinse under cold running water to remove any grit. Pat dry. Slice stalks and leaves crosswise into large pieces. Rinse well. When water comes to a boil, add beans and cook just until almost tender, from 1 to 3 min. Add bok choy. Cook, uncovered, stirring occasionally, until beans and bok choy are tender-crisp and bright green, from 2 to 3 more min. Drain vegetables well. Return to pot and set on the burner. Stir until any excess liquid is evaporated, from 1 to 2 min. Drizzle with sesame oil and sprinkle with sesame seeds and salt. Stir to evenly mix. Serve immediately.

Tomatoes, Basil and Beans

3 T. olive oil

1 c. onion, finely chopped

2 garlic cloves, minced

1 ½ lb. Trimmed green beans

1 c. tomatoes, finely chopped 1/2 cup water

Heat oil in large nonstick skillet over med. heat. Add onion and garlic and sauté until onion softens slightly, about 5 min. Add beans, tomatoes, basil leaves, and 1/2 cup water. Cook until beans are crisp-tender, stirring and tossing occasionally, about 10 min. Season to taste with salt and pepper.

Zucchini, Eggplant, Green Beans and Tomatoes!

3- 4 large tomatoes, stem end removed

Olive oil

1 med. onion, cut in half and sliced

1 med-large zucchini squash, sliced

1 med. Japanese eggplant, sliced

4 cloves garlic, sliced thin

Salt and Pepper to taste

1 handful of green beans cut into 2-inch lengths

Chicken broth, if needed

Fresh oregano leaves and flowers (Fresh oregano is preferred for this recipe, and if you have it in your garden, be sure to use the flowers. Dried oregano may also be used.)

Fresh thyme springs

Pinch saffron

Several shakes of Zatar (optional) (Zatar is a popular spice/herb blend of the Middle East and is used in many Turkish dishes. Crushed Sumac is mixed with thyme leaves, salt, and sesame seed creating a flavorful tabletop condiment.)

Boil water and pour over tomatoes. Let sit a few minutes until you can easily peel off the skins. Cut into quarters and set aside. To a large sauté pan, add olive oil and onion, sauté over med-high heat until onions begin to soften. Add zucchini, eggplant, garlic and green beans, and sauté. Add salt at this time as it helps to release juices from the vegetables. Note: If the vegetables seem dry, add a little chicken broth. Place lid askew on pan and let the mixture cook until almost softened. Add the peeled tomatoes, oregano, thyme, saffron, and Zatar; toss well, replace lid, and turn heat to low and finish cooking. Taste for seasoning and correct to your taste. If desired, drizzle a little more olive oil over vegetables prior to serving.

Mint and Bean Salad

1 lb. Fresh beans, trimmed 8 fresh mint leaves, chopped

1 T. olive oil 3 T. rice vinegar

Salt and fresh ground black pepper to taste

Bring a pot of salted water up to a rolling boil and blanch the beans for about 4 minutes, until tender-crisp. Drain and rinse in cold water until completely cooled. Drain very well and place in a large zip-lock plastic bag. Add the rest of the ingredients, press out most of the air, and seal the bag. Shake the bag to mix the ingredients well and refrigerate for 30 minutes to let the flavors combine. Serve cold.

Cilantro Ginger Beans

1 lb. green beans, trimmed and cut into bite-size pieces

1 T. minced ginger

2 T. olive oil

2 T. chopped fresh cilantro

Bring a medium pot of water to a boil. Meanwhile, prep the green beans and ginger. When the water boils, add the green beans and cook until bright green and barely tender, 2-4 minutes. Rinse with cold water and drain. Heat the olive oil in a medium sauté pan over medium heat. When it's hot and shimmering, stir in the ginger and cook for 2 minutes. Add the green beans and stir to coat with the ginger and oil. Leave them alone to cook 2 minutes. Stir in the cilantro and take the pan off the heat.

Dale's Curry (Workshare Lunch)

1 onion, chopped

3 cloves baby garlic

1 tbsp. fresh ginger

1 tsp. Chili paste

1 tbsp. vegetable oil

1/2 tsp turmeric

1/2 tsp coriander

1 tsp cumin

1 tsp curry

5 cup coconut milk

1/2 tsp salt

Collards (sliced)

Beans (chopped)

Zucchini (sliced)

Tomatoes (chopped)

Basil (minced)

Bok Choy (chopped)

Snow Peas (De-stringed)

Rice Noodles (prepared as on package)

Process the onion, garlic, ginger and chili paste in food processor until smooth. In a large skillet, heat oil. Add the onion mixture and turmeric, coriander, cumin and curry. Allow to cook for a minute or two, stirring frequently. Add the zucchini, collards, beans, snow peas, bok choy and the coconut milk and stir well. Season generously with 1/2 teaspoon salt, or to taste. Cover and allow to cook for at least 20 minutes, or until veggies are tender. Add tomatoes; cook long enough to heat them. Serve over Rice noodles with basil on top!

Summer Sauté over pasta! (Workshare Lunch) Summertime comfort food. You can go lighter on the butter or substitute olive oil if you want. I have milk cows...so I tend to LOVE butter.

Garlic (minced)

Shitakes (destemmed and chopped, optional)

Beans (chopped)
Peas (destringed)
Turnips (sliced)
Summer Squash (sliced thin)
Tomatoes (Chopped)
Kale (chopped)
Pepper
Oregano (destemmed and minced)
Sea Salt
Pasta
Cosmic Apple Butter

Boil water and get your favorite pasta cooking. I like to use Penne for this one. Heat some butter in a skillet. Add garlic and stir for a minute, or until it becomes fragrant. Add mushrooms and cook for 5- 10 minutes.
Add Squash, Turnips, beans, peas and Kale cook for 5 minutes or until veggies are bright green and squash and turnips are cooked. Throw in a big chunk of butter to melt. Combine veggies from skillet, hot drained pasta, oregano, tomatoes, salt and pepper.

Beans and Bacon

2-3 Slices Bacon
 $\frac{1}{4}$ Onion, chopped
1-2 garlic cloves, minced
 $\frac{1}{4}$ C Breadcrumbs
1 T. Balsamic Vinegar
 $\frac{1}{4}$ C. Water
 $\frac{1}{2}$ t. Salt
 $\frac{1}{2}$ t. Black Pepper
 $\frac{3}{4}$ lb. Green, Yellow +/or Dragon's Tongue Beans
 $\frac{1}{4}$ - $\frac{1}{2}$ c. Shredded Italian Cheese

Cook and stir the bacon, onion, and garlic in a large skillet over med. heat until the bacon starts to brown, about 8 min.; mix in the balsamic, water, salt, black pepper, and green beans. Reduce heat to medium-low, and simmer the green beans until almost all the liquid has evaporated, about 10 min. Stir in the bread crumbs. Remove the skillet from the heat. Sprinkle with cheese. Salt and pepper to taste

Green Beans & Tomatoes in Oil Please don't let the long cooking process scare you. This lovely bean dish from Macedonia is a great buffet offering, served at room temperature, with a splash of lemon.

About a pound of beans, trimmed

$\frac{1}{4}$ cup olive oil
1 minced small yellow onion
Salt and pepper to taste
1 teaspoon sugar
1 chopped medium to large tomato
1 cup boiling water
1 large square parchment paper

Place all ingredients in a heavy saucepan. Bring to a boil and cook on high for 1 minute. Crumple up the parchment paper, place on top, cover tightly, reduce heat to as low as possible and check the liquid level until it's almost all absorbed, about 1.5 to 2 hours. Serve at room temperature!

Green Beans with Creamy Mushroom Sauce This one reminds me of the classic casserole dish, yet without the ubiquitous can of condensed soup. Better, and better for you, I'm sure!

About a pound of green beans

Half pound of sliced mushrooms

1 tbls. Butter

1 tbls. Minced onion

Salt and pepper to taste

3 tablespoons cream or half & half

Wash and trim your beans. Gently cook in a pot of simmering water 10-12 minutes. Drain. Return saucepan to heat and sauté the onion and mushroom for 4-5 minutes. Add cream and beans. Serve!

Adzarian-Style Green Beans with Cinnamon-Flavored Yogurt This one is a little complicated, but worth it in every way.

Please do try some Cosmic Yogurt for this dish, as it has the perfect creamy texture to really make this dish stand out!

1 cup good, plain yogurt

½ teaspoon sugar

½ teaspoon ground cinnamon

Pinch of saffron, optional

Just under a pound of green beans

¼ cup butter, ghee or olive oil

3 chopped scallions

1-2 cloves minced garlic

2 tablespoons chopped fresh dill

2 tablespoons fresh herbs, minced

Salt and pepper to taste

In a large bowl, combine the yogurt, sugar, optional saffron (if using) and cinnamon. Set aside. Wash and trim your green beans, then gently cook in a saucepan of simmering water for 7-8 minutes, just until tender-crisp. Drain and return saucepan to heat. Sauté the onion and garlic in the butter, ghee or olive oil for a few moments, then add the beans, cover tightly and cook another 4-5 minutes until beans soften. Stir in the herbs and cook for another moment or two, then stir in the yogurt sauce to combine flavors. Remove from the heat and cover. Let stand 3-4 minutes then serve warm or cool to room temperature. Traditionally this dish is served room-temp as a side. May also be made ahead of time, chilled and brought back up to room temperature for serving. Goes well with grilled chicken, fish or lamb, especially. Hope you'll try this one!

Colorful Beans with Bell Pepper

6 cups (about a pound and a half) mixed green, yellow and flat beans, trimmed and sliced into 2" diagonals

1-2 red, orange, green or yellow bell pepper, seeded and finely diced

1 cup chopped cilantro, stems OK

1-3 cloves finely minced garlic

Salt and pepper to taste

2-3 tablespoons sesame oil

1 teaspoon ground ginger

1 teaspoon toasted cumin seeds

1 teaspoon ground coriander

½ teaspoon Garam Masala, optional

½ cup chopped toasted cashews

In a large skillet or wok, heat the oil over medium-high and throw in the garlic and cumin seeds. Stir and add the other spices, then the peppers and beans. Toss and stir-fry for 7-8 minutes, cover the skillet and cook another 2-4 minutes. Transfer to a serving platter & garnish with the chopped cashews.