

Give green beans a closer look...

Green beans are a very popular vegetable.

Green beans are a simple, inoffensive vegetable with a fresh taste that can be lightly steamed for the simple palate or sauteed with shallots and olive oil to suit the choosiest foody.

They shine in the summer in cold, crispy salads or stir-fried in an Asian-inspired dish.

But did you know the powerful truth about the simple green bean's nutritional pedigree?

Green beans are high in fiber and important nutrients, including vitamins A, C, and K, folate, and manganese. They also contain vitamins B1, B2, B3, and B6 plus potassium, iron, and magnesium. Pretty good genes, I'd say!

"Tell me more!"

There are so many varieties of green beans. The most common types found in grocery stores include string beans, snap beans, wax beans, and haricots verts, also known as French green beans.

If you frequent farmer's markets, you're certain to find more interesting varieties. Super-long beans that grow over a foot and a half long called yard-long beans are used in many Asian dishes. Purple string beans tend to be super sweet.

If you are so inclined, order some seeds online and grow your own! They are a hearty plant that is fun to grow and even more fun to harvest and cook.

Bon Appetit!