



Bean, Green, Low-Sodium, Canned

MyPlate Food Group: Veggie

Nutrition Information

- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Green beans are an important source of many nutrients including vitamins A, C, and K.

Uses & Tips

- Canned green beans is safe and ready to eat out of the can. Just heat and serve!
- Canned green beans can be added to soups, chilis, casseroles, and salads.
- Canned green beans are a great shortcut in the kitchen. Keep them on hand to add more flavor, color, and important vitamins and minerals to any meal, no matter the season!

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.

Storing Foods at Home

- Store unopened cans of green beans in a cool, clean, dry place.
- Store remaining opened green beans in a tightly covered container that is not made from metal in the refrigerator.



GOLDEN
HARVEST FOOD BANK



Creamy Green Beans

Makes 6 servings

Directions: Wash hands with soap and water.

Ingredients:

- non-stick cooking spray
- 1 can (15.5 ounces) low-sodium green beans, drained
- 1 can (10.5 ounces) cream of mushroom soup
- 1 tablespoon dry onion flakes
- ½ cup cracker crumbs
- ½ cup cheddar cheese, shredded

1. Preheat oven to 375 degrees F.
2. Spray casserole dish with non-stick cooking spray.
3. In a medium mixing bowl, combine green beans, cream of mushroom soup, and onion flakes.
4. Spread evenly in a casserole dish and bake for 35 minutes.
5. Spread cracker crumbs and cheese evenly on top of casserole. Bake 10 minutes or until topping browns.

Recipe adapted from The University of Tennessee