Settler Succotash

2 teaspoons oil
1/2 cup sliced onion
1 clove garlic, minced
3/4 cup green beans, cooked
1/2 cup frozen baby lima beans, thawed
1/2 cup canned navy beans, rinsed and drained
1/2 cup corn
2 teaspoons chopped fresh dill or 1 teaspoon dried dill
1/8 teaspoon black pepper

Heat oil in a medium skillet and add onions. Sauté for 1 minute, then add garlic and cook for 30 seconds. Stir in the green beans, lima beans, navy beans and corn. Sauté over medium heat for 3 minutes, or until the vegetables are cooked and the mixture is hot. Stir in the dill and pepper.

- Leftovers freeze well

Makes 4 servings

Fresh-from-the-Farm: Beans

Snap, Wax, or Purple Beans

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410
Senior FMNP: 1-800-422-3263

This brochure is produced for nutrition education and funded by USDA Food & Nutrition Service, Food Stamp Office; the Farmers Market Nutrition Program; and Washington State University. Programs offered by these agencies are consistent with federal and state laws and regulations on non-discrimination regarding race, color, gender, national origin, religion, age, disability, and sexual orientation. Report evidence of non-compliance by writing to the Secretary of Agriculture Washington DC, 20250. Trade names are used to simplify information; no endorsement is intended.

WIC is an equal opportunity program.

Washington WIC & Senior Farmers Market Nutrition Program

Making it easier to add fresh fruits and vegetables to your diet, and support local farmers, too!
Selection & Preparation

- Choose beans that are uniform in color and have smooth pods.
- The pods should be crisp and “snap” when broken.
- Avoid mature beans with swollen pods as they will be tough and often stringy.
- Snap beans should be kept refrigerated. Best when used within one week.
- Keep dry and do not wash until you are ready to use them.
- Snap beans freeze well.
- Cook beans by steaming or microwaving in a small amount of water, until tender crisp, about 5-8 minutes.
- Beans can be cooked directly in soups and stews.

Garlic Green Beans

1 pound fresh snap beans, washed and trimmed
1 1/2 tablespoons oil
1 1/2 tablespoons vinegar
1 clove garlic, minced
Pepper to taste

Cook beans by steaming for 5 minutes. Drain beans. Combine oil, vinegar, garlic and pepper in a jar with a tight fitting lid. Place lid on jar and shake oil mixture until well blended. Pour over drained beans and toss.

Nutrition Facts

Serving Size: 1/2 cup cut beans

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 15</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 3 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 4 g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber 2 g</td>
<td>7%</td>
</tr>
<tr>
<td>Sugars 1 g</td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td>8%</td>
</tr>
<tr>
<td>Vitamin A 8%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 15%</td>
<td></td>
</tr>
<tr>
<td>Calcium 2%</td>
<td></td>
</tr>
<tr>
<td>Iron 4%</td>
<td></td>
</tr>
<tr>
<td>Folate 20 mcg</td>
<td>5%</td>
</tr>
<tr>
<td>Potassium 115 mg</td>
<td></td>
</tr>
<tr>
<td>Magnesium 14 mg</td>
<td></td>
</tr>
</tbody>
</table>

Key Nutrients

- **Vitamin C** - supports healthy gums, skin and blood.
- **Potassium** - to maintain a normal blood pressure.
- **Folate** - for healthy blood and research suggests that folate promotes a healthy heart and blood vessels.
- **Fiber** - to keep you regular, control blood sugar levels, and fiber may lower blood cholesterol.