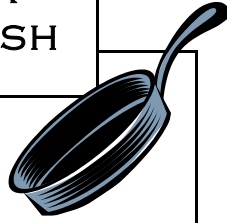


SETTLER SUCCOTASH



- 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



ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

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.

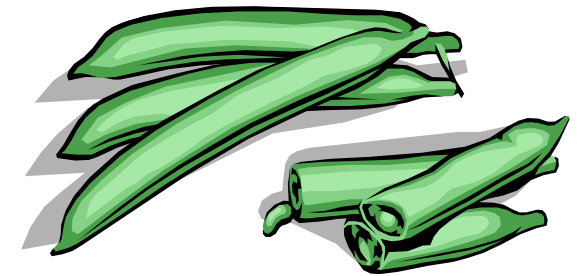
WIC is an equal opportunity program.

9-2004

Fresh-from-the-Farm:

Beans

Snap, Wax, or Purple Beans

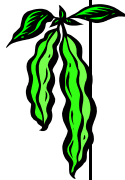


**Washington WIC &
Senior Farmers
Market Nutrition
Program**

*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.



Nutrition Facts

Serving Size: 1/2 cup cut beans

Amount Per Serving

Calories 15

	% Daily Value
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Sodium 3 mg	0%
Total Carbohydrate 4 g	1%
Dietary Fiber 2 g	7%
Sugars 1 g	
Protein 1g	
Vitamin A	8%
Vitamin C	15%
Calcium	2%
Iron	4%
Folate 20 mcg	5%
Potassium 115 mg	
Magnesium 14 mg	

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.

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.

