

Pick a **better snack**[™] – THE COLOR WAY

SNAP BEANS

Wash. Eat. How easy is that?



There are many varieties of beans, but only a few are eaten while still immature – while the seed inside is just starting to form and is still tender. If allowed to remain on the vine, the seeds will grow to full size and dry in the pod. Fresh beans may be divided into two categories – edible-pod beans and shell beans. Edible pod beans may be eaten in their entirety – pod and all. Green, yellow and purple beans are examples of edible pods. They are low in calories and a good source of vitamin C. These beans used to be called string beans because they had a tough string down the seam of the pod. In recent years, breeding has eliminated that.

When selecting beans, try to get those of similar size for even cooking. If edible pods are very stiff or if beans are visible through the pod, the beans are over mature and will be of poorer quality. Edible pods may be eaten raw as well as cooked. Try the following dip with raw snap beans.

VEGETABLE DIP (YIELDS 4 ¼ CUPS)

3 cups plain low-fat yogurt

1 cup reduced fat mayonnaise

½ cup peach jam

1 Tablespoon orange juice

½ teaspoon mild curry powder (could increase to 1 Tablespoon—depending on personal preference)

½ teaspoon white pepper

Combine all ingredients in a small bowl. Chill before serving with fresh green beans and other assorted fresh vegetables.

Adapted from: Family Fun Cookbook, Walt Disney Company, 1996

Include **GREEN** in your low-fat diet to maintain:

- Vision health
- Strong bones and teeth
- A lower risk of some cancers
- Strong bones and teeth

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.