

# Eating Local and Seasonal: Green & Yellow Beans

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**Canadians are no strangers to green and yellow beans. This vegetable is one of the most common vegetables on a Canadian's dinner plate. Although they are only in season from June to October, the widely available frozen and canned options have allowed Canadians to enjoy green and yellow beans throughout the year.**

## Green Beans vs Yellow Beans

Green and yellow beans have been available since prehistoric times and cultivated as long ago as 7000BC in the Americas. Therefore it's no surprise that this vegetable is one of the most common ones found on the plates of Canadian families.

Green beans are also known as string beans and yellow beans are also referred to as wax beans. The two types are very similar in taste, texture, and nutrition content. The main difference is their colour, which is a result of a difference in a colour compound called chlorophyll that has developed in the plant. The green colour in the green beans are a result of higher chlorophyll levels.

Some other non-native beans are also available. Haricot Verts, or French green beans, are a longer and thinner version than the North American green bean. Long beans, or yard-long beans, are an even longer version (around 12-18 inches or longer!) and popular in Asian cuisines.

## Nutrition Goodness

Green and yellow beans are an excellent source of fibre, vitamin C and vitamin K. One cup of beans provides 12% of the daily fibre requirements, 27% of daily vitamin C requirements and 18% of daily vitamin K requirements. In smaller amounts, beans also contain potassium, iron, vitamin B6 and magnesium.

## Ideas for Cooking

If you are bored of plain old boiled beans, here are some ideas that can add some flavour to your green or yellow beans at dinner time:

- Serve with butter and grated lemon zest
- Cook with minced garlic and serve with chopped green onions or parmesan cheese
- Cook with olive oil and serve with a squeeze of lemon juice or splash of apple cider vinegar
- Stir-fry with minced meat and crushed red pepper flakes and serve with rice
- Stir-fry with shallots and ginger, and serve with a garnish of sesame seeds



## *Grilled Summer Veggie Packets*

Image and recipe adapted from <https://www.myrecipes.com/recipe/grilled-vegetables-foil-packets>

### **Ingredients:**

Small onion, sliced  
Zucchini, sliced  
Bell peppers, sliced  
Green and yellow beans, trimmed

### **Seasoning:**

Olive oil (enough to coat the vegetables evenly)  
Minced garlic to taste  
Salt and pepper to taste  
Crushed red pepper flakes (optional)  
Your favourite herb mix (optional)  
Apple cider vinegar or lemon juice (optional)

*This recipe is easy and perfect for summer time barbecues. Use this recipe as a guide and adapt the portions to the amount of vegetables you want to cook.*

### **Directions:**

1. Preheat barbecue grill to medium heat.
2. In a bowl, combine vegetables with seasoning ingredients to taste.
3. Divide and wrap seasoned vegetables in foil.
4. Place on grill and cook for 10-20 minutes depending on size of foil packets.
5. Serve and garnish the grilled vegetables with feta cheese if desired.