The Market Basket of the Month featured vegetable is GREEN BEANS

Green Bean Pasta
Makes 4 servings
8 oz. whole grain pasta
4 cups of fresh green beans trimmed, cut into 1-inch pieces
¼ cup of olive or canola oil
1-2 tablespoons minced garlic
¼ cup grated Parmesan cheese
Salt and pepper to taste
1. Cook pasta as directed on package. Add green beans for last 3 minutes of cooking time.
2. Drain pasta and green beans.
3. Warm skillet pan, add oil and garlic. Heat for about 1 minute.
4. Toss the drained pasta and beans with warmed olive oil – garlic mixture.
5. Sprinkle with the grated Parmesan cheese, salt and pepper.
6. Toss and serve.

Nutrition Facts
Serving Size: ½ cup fresh green beans (50g)
Calories 16  Calories from Fat 0
% Daily Value
Total Fat 0g 0% 
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 3mg 0%
Total Carbohydrate 3g 1%
Dietary Fiber 1g 6%
Sugars 2g
Protein 1g

Simple Serving Tips
Roasted Green Beans: Wash and pat dry with paper towels 1 lb. of trimmed fresh green beans. Spread a single layer on a cookie sheet. Spray the beans with cooking spray and roast at 400°F for 20-25 mins. Sprinkle with salt and pepper to taste. Add your choice of toppings, like sliced toasted almonds or Parmesan cheese before serving.

Green Bean & Broccoli Stir Fry: Cut 1 lb. green beans into 1-inch pieces and break 1 medium head of broccoli into florets. Heat 1-2 T. of olive oil in a large skillet over medium heat. Stir the veggies in heated oil for 1 min. then cover the skillet with a lid and cook 7-8 minutes. Sprinkle with your favorite seasonings.

Let’s Move!
If you’re watching TV or need a break at work, try these quick and easy activities:

• Scissor Jacks: As you jump, “scissor” your legs forward and backward. When your right leg is in front, raise your left arm. Left leg in front, raise your right arm. Do 4 sets of 25.

• Side Kicks: While standing, do 10 sidekicks with your right leg. Switch legs, and do 10 sidekicks to the left. Repeat each side 3 times.

• Foot Fire: In a semi-squat position, tap your feet as fast as possible for 10 seconds. Then jump to the right and repeat, then jump to the left and repeat. You can also combine this activity with walking in place - stop walking every 5 minutes to add “Foot Fire.”

Just the Facts
• Eating green beans helps to keep your bones, skin, and hair healthy.
• Green beans are the third most common vegetable grown by backyard gardeners, outranked only by tomatoes and peppers.
• France was the first country to put green beans on restaurant menus.

Market Basket of the Month is a WellSpan Community Health & Wellness initiative. To view monthly newsletters, go to: Wellspan.org/marketbasket.