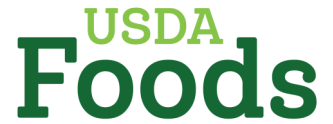


## Beans, Green, Low-sodium Canned

MyPlate Food Group: **Vegetable**



### Nutrition Information

- 1 cup of canned green beans counts as 1 cup in the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, dried, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Green beans are an important source of many nutrients including vitamins A, C, and K.
- People on a low-salt diet can drain and rinse canned vegetables with water before using to reduce the amount of salt.

### Uses and Tips

- Canned green beans are safe and ready to eat out of the can. Just heat and serve!
- Canned green beans can be added to soups, chilis, casseroles, and salads.
- Canned green beans are a great shortcut in the kitchen. Keep them on hand to add more flavor, color, and important vitamins and minerals to any meal, no matter the season!

### Storing Foods at Home

- Store unopened cans of green beans in a cool, clean, dry place.
- Store remaining opened green beans in a tightly covered container that is not made from metal in the refrigerator.

## MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### Three Bean Salad

Makes 8 servings

#### Ingredients:

- 1 can (15.5 ounces) low-sodium green beans, rinsed and drained
- 1 can (15.5 ounces) low-sodium kidney beans, rinsed and drained
- 1 can (15.5 ounces) low-sodium black beans, rinsed and drained
- 1 carrot, thinly sliced
- 1 small onion, thinly sliced
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- ¼ cup vegetable oil

Recipe adapted from *The University of Tennessee*

**Directions:** Wash hands with soap and water.

1. In a medium mixing bowl, mix beans, carrot, onion, white vinegar, sugar, and oil.
2. Cover and chill for one hour before serving.

**Nutrition Facts:** 190 calories, 7g total fat, 1g saturated fat, 0mg cholesterol, 210mg sodium, 24g total carbohydrate, 7g dietary fiber, 4g total sugars, 2g added sugars, 7g protein, 67mg calcium, 2mg iron, 470mg potassium

### Creamy Green Beans

Makes 6 servings

#### Ingredients:

- non-stick cooking spray
- 1 can (15.5 ounces) low-sodium green beans, drained
- 1 can (10.5 ounces) cream of mushroom soup
- 1 tablespoon dry onion flakes
- ½ cup cracker crumbs
- ½ cup cheddar cheese, shredded

Recipe adapted from *The University of Tennessee*

**Directions:** Wash hands with soap and water.

1. Preheat oven to 375 degrees F.
2. Spray casserole dish with non-stick cooking spray.
3. In a medium mixing bowl, combine green beans, cream of mushroom soup, and onion flakes.
4. Spread evenly in a casserole dish and bake for 35 minutes.
5. Spread cracker crumbs and cheese evenly on top of casserole. Bake 10 minutes or until topping browns.

**Nutrition Facts:** 110 calories, 5g total fat, 2.5g saturated fat, 10mg cholesterol, 350mg sodium, 12g total carbohydrate, 1g dietary fiber, 2g total sugars, 0g added sugars, 4g protein, 91mg calcium, 1mg iron, 290mg potassium