



Market
Basket
of the month

March Recipes



Green Beans with Onions and Almonds

(Makes 4 cups)

Ingredients:

- 1 T. margarine or butter
- 1 small onion (½ C. chopped or sliced)
- ¼ C. almonds, chopped, sliced or slivered
- 2 T. brown sugar
- 2 T. orange juice (juice from ¼ orange)
- 1 T. mustard
- 4 C. green beans, fresh (cooked), frozen or canned (drained)

Directions:

1. Melt margarine in a medium skillet over medium heat. Add onion and almonds and cook until onions are tender.
2. In a small bowl, mix together brown sugar, orange juice and mustard. Stir into onion mixture.
3. Cook 2-3 minutes, until sauce begins to thicken. Stir in green beans and cook for 3-5 minutes, or until heated through.

Source: Purdue University Extension-Nutrition Education Program

Garlic & Basil Green Beans

(Makes 4 servings - ¾ C. each)

Ingredients:

- 8 oz. frozen green beans
- ½ lb. ground beef, lean
- ½ C. onion, chopped
- 1 C. instant rice
- 1 ¼ C. beef broth
- ¾ C. ketchup
- 1 tsp. garlic powder
- 1 tsp. basil, dried

Directions:

1. Melt margarine in a medium skillet over medium heat. Add onion and almonds and cook until onions are tender.
2. In a small bowl, mix together brown sugar, orange juice and mustard. Stir into onion mixture.
3. Cook 2 to 3 minutes, until sauce begins to thicken. Stir in green beans and cook for 3 to 5 minutes, or until heated through.
4. Refrigerate leftovers within 2 hours.

Source: www.foodhero.org

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.

Market Basket of the Month is a WellSpan Community Health and Engagement initiative. To view monthly newsletters, go to: www.wellspan.org/marketbasket

