**Healthy Serving Ideas**
- Toss raw green beans into salads.
- Sprinkle lemon juice and dill over steamed green beans.
- Sauté frozen green beans with a small amount of oil and sliced almonds.
- Keep washed, cut green beans in the refrigerator for a quick, healthy snack.
- Green beans can be found fresh, canned, or frozen – all forms are nutritious! (Hint: Look for low-sodium canned varieties.)

**CREOLE GREEN BEANS**
Makes 8 servings. 1 cup per serving. Cook time: 25 minutes

**Ingredients:**
- 2 teaspoons vegetable oil
- 2 small cloves garlic, chopped
- 1 (16-ounce) package frozen cut green beans
- 1 cup chopped red bell pepper
- 1 cup chopped tomatoes
- ½ cup chopped celery
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

1. Heat oil in large skillet over low heat.
2. Sauté garlic in oil for 1 minute.
3. Add green beans and bell peppers; increase heat to medium and cook for 5 to 7 minutes.
4. Stir in rest of the ingredients and cook for another 5 to 7 minutes.
   Serve hot.

**Nutrition Information per serving:**
- Calories 35
- Carbohydrate 6 g
- Dietary Fiber 2 g
- Protein 1 g
- Total Fat 1 g
- Saturated Fat 0 g
- Trans Fat 0 g
- Cholesterol 0 mg
- Sodium 159 mg

**How Much Do I Need?**
- A ½ cup of green beans is about 1 cupped handful. This is about 10 medium green beans.
- A ½ cup of green beans is a good source of vitamin C and vitamin K.
- Green beans also have fiber. Fiber helps you feel full, keeps your blood sugar levels normal, and helps you avoid constipation.
- Examples of good or excellent sources* of fiber are avocados, beans, berries, cooked greens, figs, kiwis, peas, soybeans, and whole wheat breads and cereals.

The amount of fruits and vegetables that is right for each person depends on age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables throughout the day will help you reach your goal. All forms count toward the recommended amount – fresh, frozen, canned, dried, and 100% juice. Try to serve at least one fruit or vegetable to your child with every meal and snack.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

**Recommended Daily Amount of Fruits and Vegetables**

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<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td><strong>Males</strong></td>
<td></td>
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<tr>
<td>Calories</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
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<tr>
<td><strong>Females</strong></td>
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<tr>
<td>Calories</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.