



DECEMBER 2023



Green beans are an inexpensive, versatile, easy-to-find source of healthy carbohydrates, protein, fiber, and micronutrients. This pantry staple can be served as is with a lean protein such as chicken or 90% lean ground beef and a starch such as a potato or rice for a well-balanced meal. Green beans are also a great addition to casseroles or salads. Along with the canned variety, green beans can also be found fresh and frozen to ensure you have a good option all year round.

GREEN BEANS

VITAMIN C

A serving of uncooked green beans provides 16% of the total recommended daily intake for vitamin C. Vitamin C acts as an antioxidant to protect cells in your body. Vitamin C also boosts collagen production, improves immune function, and helps your body absorb iron.

SODIUM

Canned foods are often packaged with added sodium to enhance flavor and texture. The daily recommended intake for sodium is no more than 2,300mg per day. An easy way to reduce the amount of sodium in your canned goods is to drain and rinse them with water prior to consuming.

FIBER

Beans are a good way to get more fiber in your diet. Fiber digests slowly which increases satiety, helps regulate blood sugar levels, and may decrease your LDL (bad) cholesterol levels. Women should aim for 25 grams per day and men 38 grams per day of fiber.

CANNED GREEN BEAN SALAD

Hy-Vee[®]
health[™]

Serves 8

All you need:

- 4 (14.5 oz each) cans green beans (not french style)
- 1 (6 oz) can black whole olives, cut in half
- 8 oz feta cheese, cut into small cubes
- 20-25 cherry tomatoes cut in half
- 1/2 small red onion, thinly sliced
- 16 oz bottle Italian dressing



All you do:

1. Place the drained green beans, drained black olives, cubed feta cheese, cherry tomato halves and sliced red onion in a bowl. Add the whole bottle of Italian dressing and gently toss ingredients to coat them.
2. Place the salad in the refrigerator for at least 4 hours or overnight.
3. Toss chilled salad ingredients together with a large spoon right before serving.

Recipe source: bunnyswarmoven.net

BUDGET-
FRIENDLY
STORE TOUR

SCAN ME



BUDGET-
FRIENDLY
MEAL GUIDE

SCAN ME



BUDGET-
FRIENDLY
MEAL PREP

SCAN ME



Nutrition questions or concerns?

Contact Hy-Vee Dietitian Katie Schaeffer at
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