



BENEFITS

Because there are so many varieties!

It's true, there are yellow, green and purple beans, Roman beans, string beans, and the list goes on. Crunchy or creamy in texture, they can be eaten hot or cold and make a great side dish with fruits, vegetables, cheeses and meats.

Because they're high in nutrients!

In addition to being a good source of potassium and folic acid, fresh beans also contain vitamins C and A and magnesium, among others.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



BEAN, TOMATO AND HALLOUMI SALAD

Portions: 2 to 3  15 min

Ingredients

- 500 ml (2 cups) green and yellow beans, cut into 1-cm sections
- 250 ml (1 cup) tomatoes, diced
- 125 ml (1/2 cup) halloumi cheese, diced (or other cheese)
- 1 glove garlic, chopped
- Fresh basil, chopped, to taste
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) balsamic vinegar
- 5 ml (1 tsp) red wine vinegar

Directions

1. Mix together the first 5 ingredients in a bowl.
2. Prepare the vinaigrette and incorporate into the first mixture.

Source: Julie Strecko, RD



SAUTÉED BEANS AND TOMATOES

Portions: 3 to 4  10 min  15 min

Ingredients

- 15 ml (1 tbsp) olive oil
- 2 gloves garlic, finely chopped
- 80 ml (1/3 cup) onion, chopped
- 1 L (4 cups) yellow and green beans, cut in half
- 1 tomato, diced
- Fresh herbs to taste

Directions

1. Sauté the garlic and onion in the oil (about 5 min).
2. Add the tomatoes and beans. Cook about 10 min, stirring occasionally, or until desired doneness.
3. Season to taste.

Source: Julie Strecko, RD



BONUS - PREPARING BEANS



Large beans are often stringy. Before cooking them, cut or snap off both ends of the bean and remove the string. That way, it won't get stuck between your teeth!