

## Green Beans



### What are green beans?

- Green beans can grow as a bush or as a vine.
- They need plenty of sunlight to grow.
- There are over 130 types of green beans.

### Why is it healthy?

- They are high in antioxidants.
- Some green beans are high in **Vitamin K**.

### How can it be used?

- Eat raw as a snack with a dip like hummus or ranch dressing.
- Add raw to salads.
- Roast them in the oven with garlic and olive oil.
- Add to green bean casserole.
- Steam and top with lemon.
- Add to a stir fry.

