The Harvest of the Month featured vegetable is green beans.

**Nutrition Facts**

- **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
- **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

Creole Green Beans

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

**How Much Do I Need?**

- A ½ cup of green beans is about one 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**

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Males</strong></td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td><strong>Females</strong></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.*