



Local beans

Availability:
july to october

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 (½ 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 (⅓ 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!

