

GREEN BEANS



Green beans are good for your body. They have many vitamins to help your body grow.

There are two kinds of green beans. Pole beans grow much like a climbing vine. Bush beans spread up to two feet. They stay lower to the ground.

Bean pods can be green, yellow, purple, or even speckled with red!



Green Bean Fries

- 1/4 lb. green beans washed and trimmed
- 1/4 c. Parmesan cheese grated
- Dash of garlic powder
- 1/2 c. bread crumbs
- 1/4 c. flour
- 1 egg



Instructions

1. Preheat oven to 425° F
2. Line a baking sheet with foil and cooking spray
3. Make three stations
In bowl #1, add flour; In bowl #2, add beaten egg; In bowl #3, combine bread crumbs, Parmesan cheese, and garlic powder
4. Dip green beans in bowl #1 (flour), then bowl #2 (egg), then in bowl #3 (bread crumb mixture)
5. Make sure the bread crumbs completely coat each green bean
6. Place coated green beans in a single layer on the prepared baking sheet
7. Bake for 10-12 minutes

Follow the QR code for a fun green bean song!



Do you think Jack's Beanstalk was a pole bean or a bush bean? Why?



