

Warm String Beans

Directions

1. Bring 2 quarts of water to a boil.
2. Add string beans and blanch for 1 minute.
3. Drain string beans and set aside.
4. Drain and rinse kidney beans; then combine with string beans and set aside.
5. Dressing: Place the first 6 ingredients in a food processor and pulse. Add olive oil slowly and emulsify.
6. Combine all beans and sliced red onion with dressing. Toss, coat, and serve.

Serves 8 (½-cup servings)

Recipe Courtesy of UC Davis Health Chef James Ablett

Ingredients

- ¼ tsp ground turmeric
- ½ tsp ground cumin
- ⅛ tsp kosher salt
- ⅛ tsp ground black pepper
- 3 Tbsp fresh cilantro
- 3 Tbsp red wine vinegar
- 6 Tbsp olive oil
- 1 ½ lb string beans, trimmed
- ½ cup kidney beans, cooked
- ¼ cup red onion, sliced

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The string beans featured in the summer menu are sourced from Dwelley Family Farms in Brentwood, CA located 63 miles from UC Davis Medical Center.



Nutrition

String beans are an excellent source of vitamins K, C, and A and minerals iron and manganese. The Dietary Guidelines for Americans, 2020-2025 recommends a healthy dietary pattern that includes 2-4 cups a day of vegetables such as string beans for most adults.

Farm to Hospital

Dwellely Family Farms is a 4th-generation family-owned and operated farm that has been growing premium fruits and vegetables sustainably in Brentwood, CA since 1921. Spanning 800 acres, they are known for their sweet corn and green bean varieties. They also grow cherries, berries, melon, and stone fruit.

For 1 cup raw string beans:

- Calories: 31
- Fat: 0.2 g
- Sodium: 6 mg
- Fiber: 2.7 g
- Carbohydrates: 7 g
- Protein: 1.8 g
- Vitamin C: 12.2 mg
- Vitamin A: 35 mcg

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