Nutrition Info
One cup of green beans has 35 calories and provides manganese, folate, and vitamins C & K.

Fun Facts
"Green" beans can actually be green, yellow, purple, or speckled in these colors; they are also referred to as “snap beans” or “string beans” - look for new varieties at your farmers’ market!

Green beans may grow as bush beans or pole beans. Pole beans are climbers; they need a trellis or pole to hold up the plant.

Uses
Serve fresh raw green beans with dip for a quick snack. Fresh green beans are also a great addition to summer salads.

Top steamed or roasted green beans with a drizzle of olive oil & toasted almonds. They can also be sautéed or stir fried.

We Want to Hear From You!
Share your fruit and vegetable tidbits and tales and be entered into a drawing for a $25 gift certificate! Each month we’ll ask a new question...and give you a new chance to win!

Here’s This Month’s Question:
School’s out for the summer! But most parents will admit it’s not all fun and games. Keeping kids busy and well fed when school is not in session can be quite a challenge, so this month we’re seeking tips and advice for making sure families stay healthy all summer long. What strategies do you use to help your kids eat well and be physically active during the summer months? What community resources do you find particularly helpful in this effort?

To Enter:
Answer this month’s question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month’s drawing, please send your response no later than June 30th, 2014 by e-mail to HOMstories@lacrossecountry.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty
Italian Chicken and Veggies
Serves 8

Ingredients:
8 cups chopped fresh veggies of choice (green beans, broccoli, potatoes, squash, carrots, peppers etc.)
2 pounds raw chicken breasts, diced
3 Tbsp. melted butter
1 Tbsp. olive oil
1 ½ tsp. garlic powder
2 Tbsp. oregano
1 Tbsp. parsley
¾ tsp. salt
¾ tsp. pepper
1 tsp. basil
¼ tsp. thyme

Directions:
Preheat oven to 350 degrees. In a 9x13 inch baking dish, combine veggies and raw chicken breast. In a small bowl, mix together butter, oil and spices. Spread the spice mixture over the chicken and veggies. Cover with foil and bake for 1 hour or until veggies are tender and chicken is done.

For more information on Farm2School & Foot Steps to Health visit: www.GetActiveLacrosse.org!