

# Tips for Parents of Preschool Children



*is for  
Green Beans*

## Produce Tips

- Look for a variety of green beans (e.g., string, snap, Chinese long beans).
- Choose those that look fresh, with a bright green color.
- Wash green beans and snap off both ends before cooking.



## Nutrition Facts

Serving Size: 1 cup green beans (110g)	
Calories 34	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 2g	
Vitamin A 15%	Calcium 4%
Vitamin C 30%	Iron 6%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## Recipe

### SESAME CHICKEN WITH PEPPERS AND GREEN BEANS

Makes 4 adult servings at 1¼ cups each

#### Ingredients

- nonstick cooking spray
- 1 pound of boneless, skinless chicken, cut into strips
- 2 cups fresh green beans, trimmed
- 1 large red pepper, chopped
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons water
- ¼ teaspoon ground or fresh ginger (optional)
- 2 green onions, sliced
- 1 tablespoon sesame seeds
- 2 cups cooked brown rice

#### Preparation

1. Spray skillet with nonstick spray. Add chicken. Stir chicken until fully cooked, about 10 minutes.
2. Add green beans and pepper to skillet. Cook for 3 to 4 minutes.
3. Add soy sauce, water, and ginger (if used) to skillet. Stir and cook for 5 minutes.
4. Sprinkle with sesame seeds and green onions. Serve ¼ cup of chicken mixture with ½ cup of brown rice.

#### Nutrition Information Per Serving:

Calories 283, Carbohydrates 31 g, Protein 31 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 65 mg, Sodium 479 mg, Dietary Fiber 6 g

#### Adapted from:

Everyday Healthy Meals, <http://cachampionsforchange.net/en/docs/Dinner/Sesame-Chicken-with-Peppers-and-Snow-Peas.pdf>

For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

## What Should Parents Know About Children?

Children eat when they are hungry.

- A child's appetite varies depending upon physical activity and growth.
- Do not worry if your child does not want to eat once in a while.
- Offer your child the same food you serve to all the family.
- Introduce new food items one at the time.

## Family Activity

August is a beautiful month to be outdoors.

- Plan a camping trip and involve your child in the planning.
- A child can help you push a stroller or grocery cart.
- Take your child to the zoo or park.
- Swim with your child at the nearby Park and Recreation Center.

