**Can You Eat Raw Green Beans?**

One of the healthiest vegetables, green beans, popularly known as French beans, string beans or snaps are a type of vegetable that are long, string-like containing seeds inside the pod. They can be sauteed with a buttery garlic mixture, tossed in a lemony garlic salad, boiled, baked or enjoyed simply as they are. Some people eat them raw, but this has some drawbacks. This article will further explain if **you can eat raw green beans.**

**Why can't you eat raw green beans?**

**You can eat raw green beans**, but only in small amounts. This is because green beans fall into the category of legumes, and like other legumes, **raw green beans** contain lectin. Lectin is a protein that acts as a natural insecticide in plants and therefore does not get broken down easily in digestion. Because of this, eating food with high amounts of lectin can cause digestion problems, and lead to other ailments like vomiting, nausea, diarrhea. So, although **you can eat** **green beans raw** in small amounts, it is best to avoid them uncooked as they can be potentially harmful.

**Healthiest way to eat green beans?**

Often when you cook vegetables, some of the nutrients get lost. However, in the case of **green beans,** it is best to eat them cooked. Cooking the beans deactivates the protein, lectin, thus allowing easy digestion. Furthermore, cooking the beans increases the antioxidant levels and has a more preferable taste.

There are multiple ways you can enjoy green beans:

1. After washing them thoroughly, you can boil them in a pot of salted water.
2. You can bake them after rubbing with seasonings, like salt and pepper
3. You can steam as well; simply, add to a steamer, and let it cook thoroughly
4. Last, but not least, **you can** sauté **raw green beans** with a bit of butter.

**Benefits of eating raw green beans**

When **you eat raw green beans** in small amounts, the benefits tend to outweigh the adverse effects.

Aside from this, eating **raw green beans** contains:

* **High levels of fiber**: Raw green beans contain high levels of fiber which aids in maintaining blood sugar levels as well as weight
* **Vitamin A:** Vitamin A is essential for boosting our immune system health, and is a key nutrient in boosting eyesight
* **Vitamin C:** Vitamin C is great for boosting immune health, as well as repairing and developing body tissues. One of its benefits is that it helps absorb iron well
* **Vitamin K:** Vitamin K is essential for blood clotting
* **Magnesium:** Magnesium is great for maintain blood sugar levels, aiding in good heart health, and helps with hormone imbalance and reduce inflammation

**Green beans benefits skin, hair and weight loss**

Green beans are great for weight loss because they are rich in fibers, and fiber-rich food items tend to keep you fuller, thus you eat less, and in the long run, lose weight. Green beans are also great for skin because they contain vitamin C, which get rids of wrinkles, and help absorb iron, which is good for hair growth. The vitamin A in the beans can help prevent skin conditions like acne.

**Substitute of green beans**

Green beans can be substituted for:

* Asparagus
* Wax beans
* Peas
* Yardlong beans
* Lentils

**Green beans to serve with chicken recipes, beef steak etc**

Green beans can be served with so many things, complimenting grilled meats like steak and chicken, or incorporated into casseroles and meat loaf, or used in stews and soups.