

Family Nutrition In Action

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Add Beans To Your New Year!

You can buy beans frozen, dried, or canned. They are low cost and easy to prepare. Just use these tips and recipes on the next page!

Cook dry beans in 4 easy steps:

1. **Rinse** in a strainer until water runs clear. Be sure to remove any small stones.
2. **Cover** beans with water in a pot. Boil for two minutes. Remove from heat and let soak for one hour.
3. **Drain** and rinse beans.
4. **Boil** beans covered in fresh water. Reduce to a simmer for 1.5 hours on low heat.

Cook dry lentils or peas quickly:

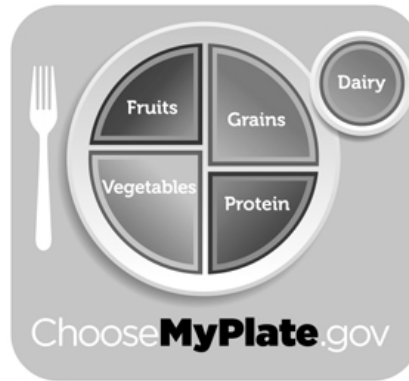
Do not soak. Follow step 4 above but only cook lentils for 20 minutes and peas for 45 minutes.

Hint—Add beans or peas to a main dish, side dish, soup, salad or make a dip for a snack. If you use canned beans, drain and rinse them to reduce the sodium.

For more information, contact your local County Extension Office:

Are There Beans and Peas On Your Plate?

Most Americans do not eat many dry beans and peas but there are great health benefits from these foods. Dry beans and peas are low in fat and high in fiber. When you



eat them the fiber can help you feel full for a while. This may make it easier to manage your weight. Fiber may even make it easier to maintain normal blood sugar levels and lower cholesterol in your body.

See the picture above of MyPlate and the food groups. Beans and peas are part of two food groups, Protein Foods and Vegetables. They are in the Protein Food Group because they have protein, zinc, and iron. They can be in the Vegetable Group because they have fiber, folate, and potassium. When you eat beans and peas, only count them in either the Vegetable Group or Protein Foods Group, not both.

If you eat $\frac{1}{4}$ cup of cooked beans or peas count them as

- 1 ounce of protein in the Protein Foods Group OR
- $\frac{1}{4}$ cup of vegetable in the Vegetable Group

How do I know which group to count beans and peas in?

In general, count beans and peas in the Vegetable Group if you eat meat, poultry (such as chicken) or fish. Count them in the Protein Foods Group if you do not eat meat, poultry, or fish often or are a vegetarian.

What about green beans and green peas?

Green (string) beans and green peas only count in the Vegetable Group.

Types of Beans and Peas

kidney beans
pinto beans
black beans
garbanzo beans (chickpeas)
black-eyed peas
split peas
lentils

Tasty Black Bean Soup

Makes: 4 servings
Each Serving: 1 1/4 cups

Ingredients:

- 1 cup chopped onion
- 3/4 cup chopped celery
- 2 teaspoons chopped garlic
- 1 1/2 cups low-sodium beef broth
- 3 cups cooked dry beans or 2 cans reduced-sodium black beans, drained and rinsed
- 1/2 cup salsa, thick and chunky

Steps:

1. Mix all ingredients in a saucepan.
2. Cover and simmer for 20-25 minutes or until vegetables are tender.



Nutritional Value Per Serving:

Calories: 180
Total Fat: 1.5g
Saturated Fat: 0g
Fiber: 10g
Protein: 10g
Sodium: 553mg

Want more flavor? Add cumin, onion powder, and oregano.

Adapted from: Cornell Cooperative Extension Onondaga County. Recipefinder USDA

Garlic Chickpea Dip

Makes: 6 servings
Each Serving: 1/4 cup

Ingredients:

- 1 can garbanzo beans, drained—keep 1/4 of the liquid
- 1 clove garlic, crushed
- 2 tablespoon lemon juice
- 1/2 teaspoon salt
- 1 tablespoon olive oil

Steps:

1. Mash all the ingredients together until smooth.
2. Add bean liquid to make mixture moist.

Nutritional Value Per Serving:

Calories: 120
Total Fat: 3g
Saturated Fat: 0g
Fiber: 3g
Protein: 5g
Sodium: 330mg

Serve with cut-up veggies like carrots and celery or whole grain crackers!

Adapted from: Oregon State University. Recipefinder USDA



This newsletter is supported with funding from the Expanded Food and Nutrition Program, USDA's Supplemental Nutrition Assistance Program, Florida Department of Children and Families and the University of Florida Cooperative Extension Service, in collaboration with state, county and local agencies. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call toll-free 1-866-762-2237, press "0," or visit www.dcf.state.fl.us/ess.

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