

HARVEST OF THE MONTH:

Dry Beans



Nutrition Facts

6 servings per container
Serving size 1/2 cup (151g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 5g 18%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2mg 10%

Potassium 448mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

REASONS TO EAT DRY BEANS

- Beans are an excellent source of fiber, which help clean out your digestive system.
- Beans are also an exceptional source of iron and folate, which supports healthy blood and the circulation system.
- Beans are an excellent source of protein, which supports muscle health.
- Beans are naturally low in fat, are free of saturated fat and trans-fat, and are a cholesterol-free source of protein. According to the US Dry Bean Council, research shows that a diet including beans may reduce your risk of heart disease.

FUN FACTS ABOUT DRY BEANS

- Kidney beans are shaped like a kidney.
- Lima beans originated in Peru and were named after the capital city of Lima.
- Although they are called "black-eyed peas," they are actually a bean.
- A garbanzo bean is also called a chickpea because it looks like a chick's beak.
- Beans cause gas due to the sugars and soluble fiber, but soaking them overnight will help break down some of the sugars.

HEALTHY SERVING IDEAS

- Dry beans are usually cooked by boiling. You can also use canned and frozen beans.
- Add lima or kidney beans to salads.
- Mix lentils into casseroles instead of meat.
- Add navy beans to soups for protein.
- Sprinkle black beans on top of pizza, nachos, or tacos for added flavor and fiber.
- Make a tasty dip or hummus using your favorite beans.

Dry Bean Recipes

EASY THREE BEAN SALAD

INGREDIENTS

- 1 can (15-oz.) kidney beans, drained and rinsed
- 1 can (15-oz.) garbanzo beans, drained and rinsed
- 1 can (15-oz.) black beans, drained and rinsed
- ½ cup light Italian dressing

DIRECTIONS

Combine beans in a medium bowl. Add dressing and mix well. Serve immediately as a side or on top of a green salad.

SIMPLE HUMMUS

INGREDIENTS

- One 15-ounce can chickpeas
- ¼ cup lemon juice
- ¼ cup tahini
- Garlic clove, minced
- 2 tablespoons olive oil
- Pinch of salt, to taste
- 2 to 3 tablespoons water

DIRECTIONS

In the bowl of a food processor, combine tahini and lemon juice. Process for 1 minute. Scrape sides and bottom of bowl then add the olive oil, minced garlic and salt. Process for 30 seconds. Open chickpeas, drain liquid and rinse well with water. Add chickpeas and process for 1 minute. If the hummus is thick or still has tiny bits of chickpea, turn on food processor and slowly add water until desired consistency. Serve as a healthy chip dip or use as a sandwich/cracker spread with veggies.

BEAN SOUP

INGREDIENTS

- 1 can vegetable broth
- 1 can corn, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can refried beans
- 1 can no-salt added diced tomatoes

DIRECTIONS

Combine all ingredients in a medium saucepan, whisking to integrate the refried beans. Simmer, then serve as a side. Garnish as desired with green onions or avocado.

BLACK BEAN BROWNIES

INGREDIENTS

- 1 15 oz can of black beans or 1 ½ cups cooked black beans
- ½ cup cocoa (100%)
- ¼ cup oil
- ½ cup honey
- 1 tsp. vanilla
- 3 eggs
- ½ cup flour
- ¼ tsp. salt
- ⅓ cup sugar (optional)

DIRECTIONS

Rinse beans really well. Mix all ingredients together. Pour into an 8x8 inch greased pan. Bake at 350° for 40 minutes. Allow to cool and serve.

