

Boost your health with -BEANS

Beans (Kidney, pinto, navy, garbanzo or black beans) are considered as superfoods. They are great source of lean protein, complex carbohydrates, and soluble fiber, a triple bonus that can help stabilize blood sugar, lower blood cholesterol and make you feel full and satisfied. Green beans are also from bean family & has similar benefits except they are lower in calorie but contains significant amount of soluble fiber and protein.

Quick Facts:

- 1 cup cooked beans provide 9 to 13 gms. fiber
- Beans do contain carbohydrates but ½ cup also provide as much protein as an ounce of meat without saturated fat. Great option in place of meat.



Did you know?

Beans aren't only a healthy addition to diet, but are also deliciously versatile, easily stored and good for budget too. Canned beans cost only 4 cents per ounce, while dried beans average 11 cents per ounce. Canned and dried beans can last a long time, making them a great pantry staple for an easy-to-use.

Healthy - Three Bean Salad

This three-bean salad is a blend of kidney beans, green beans and garbanzo beans, dressed with a sweet and sour dressing made with vinegar, oil and sugar chill it in the refrigerator for hours to allow dressings to soak into the beans and flavors to meld.

INGREDIENTS

- 1 can (15 oz) kidney beans drained and rinsed
- 1 can (15 oz) garbanzo beans drained & rinsed
- 1 can or 2 cups fresh green beans cut into 1-inch pieces
- 1/4 cup red onion very thinly sliced
- 2 tablespoons chopped parsley
- 3 tablespoons sugar (more or less to taste)
- 1/3 cup apple cider vinegar
- 1/4 cup olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon oregano
- 1/4 teaspoon pepper



INSTRUCTIONS

1. if you choose fresh green beans, bring a pot of salted water to a boil. Add the green beans and cook for 2 minutes or until just tender. Place the green beans in a bowl of ice water to cool, then drain and pat dry.
2. Place the kidney beans, garbanzo beans, green beans, red onion and parsley in a large bowl.
3. In a small bowl, whisk together the apple cider vinegar, sugar, olive oil, salt and pepper.
4. Pour the dressing over the beans and toss to coat. Cover the bowl and refrigerate the salad for at least 2 hours or up to three days, then serve.

NUTRITION: 6 SERVING (30 CENTS/SERVING)

Calories: 129kcal | Carbohydrates: 11g | Fat: 9g | Saturated Fat: 1g | Sodium: 197mg | Potassium: 96mg | Fiber: 1g | Sugar: 9g | Vitamin A: 255IU | Vitamin C: 5mg | Calcium: 14mg | Iron: 0.4mg

Tips for Adding Beans to Your Diet

Beans are unique as it belongs to 2 different MyPlate groups -- protein foods or vegetables.



- Beans are actually a part of legume family. Beans are a great source of energy as it contains complex carbohydrates, fiber and have plenty of vitamins and minerals such as vitamin calcium phosphorus, potassium, zinc and iron and it also an excellent low-cost source of protein. x
- It fits in both group and can be counted either vegetable or protein depending on what you need them to be the most.
- If you get plenty of vegetables, count beans as protein foods.
- If you're looking to increase veggie consumption, then count them as part of the veggie group.

EATING SMARTLY

When adding beans to your diet, make sure to start with small amounts and drink enough water because of the high fiber.

Few ideas are:

- Add beans to chilli, make burger with beans or add them to rice dishes or casserole.
- Add beans to salad to increase fiber and protein.
- Make a spread or dip from beans and enjoy them with whole grain crackers.
- Replace all or part of the fat in recipes in pureed beans



Canned Vs dried Beans

Canned beans are a convenient alternative to dried bean. Choose low sodium canned beans or drain and rinse canned beans to remove excess sodium.

Dried beans need an overnight soaking and has no sodium. Canned beans are already cooked so they're ready to add to salads, soups, pasta sauces, chili, grain pilafs and tacos.

BEAN SALAD VARIATIONS

- **Four Bean Salad:** Kidney beans, garbanzo beans, green beans, wax beans
- **Five Bean Salad:** Kidney beans, garbanzo beans, green beans, wax beans, cannellini beans
- **Six Bean Salad:** Kidney beans, garbanzo beans, green beans, wax beans, cannellini beans, lima beans
- **Seven Bean Salad:** Kidney beans, garbanzo beans, green beans, wax beans, cannellini beans, lima beans, pinto beans