

It's All About Beans!



Beans are a great addition to your family's menu.

Here's why:

- Beans provide protein, vitamins, and minerals such as calcium, iron, folic acid, and potassium. One-half cup of cooked beans contains 100 calories and 8 grams of protein.
- Beans are a good source of fiber. There are two types of fiber—insoluble and soluble. Insoluble fiber, known as bulk or roughage, helps with making sure that stool can pass through the intestine. Foods such as wheat, whole grains, bran, vegetables, and fruits contain insoluble fiber. Beans contain soluble fiber, which helps with removing cholesterol from the blood. And removing cholesterol from the blood lowers your risk of heart disease. Fiber also helps with regulating blood sugar levels and reducing the risk of different cancers such as colon and breast cancers. Other foods that contain soluble fiber are peas, lentils, oats, barley, fruits, and vegetables.
- Beans as a part of a healthy eating plan can help with weight management. Whether trying to lose or maintain your weight, beans are a good low-fat protein source. Also, the fiber in beans helps you feel fuller longer, which can help reduce your calorie intake.
- There are different types of beans. There are more than a dozen types of dry, frozen, and canned varieties—black-eyed peas, kidney, red, navy, great Northern, black, lima, pinto, garbanzo, and cranberry.
- Beans are inexpensive. A 1-pound bag of dried beans will provide five 1-cup servings of cooked beans for less than \$1. A 15-ounce can of beans provides only three servings of prepared beans.
- Try a meatless meal. Beans are a good substitute for meat because they have lots of protein and iron. Add beans with grains to make a satisfying lunch or dinner.

- Beans can be a part of any meal idea. Beans can be used in salads, soups, stews, casseroles, muffins, breads, and even desserts.

Cooking Tips

Preparing Dry Beans

Always make sure to wash dried beans or peas by placing them in a colander and rinsing thoroughly with clear, warm water.

There are two methods for soaking beans:

- The traditional method: In a large pot, add 3 cups of cold water to each cup of beans (or 6 cups for each pound). Soak 8 hours or overnight in the refrigerator. Drain and rinse the beans.
- The quick method: In a large pot, add 3 cups of hot water to each cup of beans (or 6 cups for each pound.) Bring to a boil, and cook the beans on medium heat for 2 hours. Cover the pot and let the beans stand for 1 hour. Drain and rinse the beans.

After either method of soaking, simmer beans about 1–2 hours or until tender. To prevent foam or froth while cooking, add 1 tablespoon of vegetable oil to the simmering water.

More Tips

- Do not use baking soda when cooking beans; it robs them of nutritional value.
- All beans are not alike. In the time it takes one bean variety to become tender, another can become mushy.
- Generally, it is important to soak and cook black beans and white beans separately.
- Always rinse black beans because their liquid can blacken other foods in a dish.
- Cut down sugar and sodium. Soaking and rinsing dry beans rids the beans of complex sugars that sometimes cause stomach gas. You can also reduce the complex sugars by draining and rinsing canned beans. Draining and rinsing canned beans also reduces the sodium content by one-third.

Beany Breakfast Ideas

Blueberry Bean Muffins

2 (15 oz) cans red kidney beans
1/3 cup milk
1 cup sugar
1/4 cup butter or margarine, softened
3 eggs
2 tsp vanilla
1 cup all-purpose flour
1/2 cup whole wheat flour

1 tsp baking soda
1/2 tsp salt
1/2 tsp allspice, ground
1 tsp cinnamon, ground
1/2 tsp cloves, ground
1 cup blueberries, fresh or frozen
3/4 cup pecans, chopped

Process beans and milk in food processor or blender until smooth. Mix sugar and butter in large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in combined flours, baking soda, salt, and spices. Gently mix in blueberries. Spoon mixture into 12 greased or paper-lined muffin cups; sprinkle with pecans. Bake muffins in preheated 375-degree oven until toothpicks inserted in centers come out clean, 20–25 minutes. Cool in pans on wire racks 5 minutes; remove from pans and cool.

Servings per recipe: 12

Amount per serving: Calories 240; Calories from Fat 80; Total Fat 9g; Saturated Fat 2g; Cholesterol 60mg; Sodium 250mg; Carbohydrate 35g; Dietary Fiber 8g; Sugar 15g; Protein 8g; Vitamin A 4%; Calcium 2%; Vitamin C 2%; Iron 4%

Berry Bean Blast

1 (15 oz) can navy beans or great Northern beans
1 1/2 cup orange juice
2–3 Tbsp honey
1 1/2 tsp ground cinnamon

1/8 tsp ground nutmeg
2 cups quartered strawberries
6–8 ice cubes

Process all ingredients, except ice cubes, in blender until smooth. Add ice cubes and blend until smooth. Serve in glass.

Tip: Berry Bean Blast can be made 1–2 days in advance; refrigerate, covered. The drink will thicken in the refrigerator; stir in orange juice or cold water for desired consistency. Frozen strawberries can be used; if using frozen berries, ice cubes will not be needed.

Servings per recipe: 4

Amount per serving: Calories 220; Calories from Fat 5; Total Fat 1g; Saturated Fat 0g; Cholesterol 0mg; Sodium 150 mg; Carbohydrate 46g; Dietary Fiber 9g; Sugar 23g; Protein 8g; Vitamin A 0%; Calcium 10%; Vitamin C 80%; Iron 20%



Beany Salads and Soups

Black-eyed Pea Tiger Salad

2 cans black-eyed peas
1 can diced tomatoes and green chilies

1 small red onion
½ cup light Italian dressing

Drain and rinse black-eyed peas and place in a large bowl. Add tomatoes, red onions, and dressing to black-eyed peas. Mix well. Chill for 1 hour.

Servings per recipe: 4–6 (½-cup servings)

Amount per serving: Calories 130; Calories from Fat 30; Total Fat 3.5g; Saturated Fat 0.5g; Cholesterol 0mg; Sodium 560mg; Carbohydrate 23g; Dietary Fiber 4g; Sugar 1g; Protein 7g; Vitamin A 4%; Calcium 6%; Vitamin C 15%; Iron 15%

Calico Bean Salad

2 cups cooked navy, great Northern, or small white beans
2 cups cooked or canned dark or light kidney beans
2 cups cooked or canned garbanzo beans

1½ to 2 cups vinaigrette dressing (bottled or homemade)
Salt and pepper to taste
Tomato wedges
Onion rings

Drain beans; mix together lightly. Cover with dressing. Add salt and pepper. Refrigerate for several hours. When ready to serve, mix again. Taste and add more seasoning or a little vinegar if desired. Serve in large bowl and garnish with tomato wedges and onion rings.

Servings per recipe: 8–10 (¾-cup servings)

Amount per serving: Calories 270; Calories from Fat 35; Total Fat 4g; Saturated Fat 0g; Cholesterol 0mg; Sodium 60mg; Carbohydrate 45g; Dietary Fiber 5g; Sugar 3g; Protein 15g; Vitamin A 4%; Calcium 6%; Vitamin C 15%; Iron 15%

White Chili

1 pound lean turkey or chicken, cut into small pieces or ground
1 medium onion, chopped
1 (4 oz) can green chilies, drained and chopped
2 tsp chicken bouillon or 1 cup chicken broth

2 tsp chili powder
½ tsp garlic powder
3 (15 oz) cans great Northern beans, undrained
Salt and pepper to taste
1 cup water

In a large, heavy saucepan, brown poultry with onion until nearly done. Add chilies, bouillon or broth, chili powder, and garlic powder; stir to mix. Simmer for 10–15 minutes. Add beans, salt, pepper, and additional water if needed. Heat until very hot, but do not boil. Ladle into serving bowls.

Servings per recipe: 6

Amount per serving: Calories 430; Calories from Fat 70; Total Fat 7g; Saturated Fat 2g; Cholesterol 60 mg; Sodium 480 mg; Carbohydrate 58 g; Dietary Fiber 14g; Sugar 1g; Protein 33g; Vitamin A 4%; Calcium 15%; Vitamin C 20%; Iron 30%

Taco Soup

1 lb ground beef, browned and drained	1 can diced tomatoes with chilies
1 can kidney beans, drained and rinsed	1 onion, chopped
1 can whole kernel corn, drained and rinsed	1 green bell pepper, chopped
1 can black beans, drained and rinsed	1 package low-sodium taco seasoning mix

Combine all ingredients and put in crock pot. Simmer for 3 hours.

Servings per recipe: 8

Amount per serving: Calories 300; Calories from Fat 90; Total Fat 11g; Saturated Fat 3.5g; Cholesterol 40mg; Sodium 260mg; Carbohydrate 32g; Dietary Fiber 10g; Sugar 5g; Protein 20g; Vitamin A 6%; Calcium 4%; Vitamin C 30%; Iron 15%

6 Bean Soup

1/8 cup each: dry baby limas, small white beans, black-eyed peas, chickpeas, red and light red kidney beans	1/2 garlic clove, crushed and minced
1/2 cup onion, chopped	1 Tbsp butter or margarine
1/2 cup celery, chopped	1 (2 oz) envelope chicken noodle soup mix
1/2 cup carrot, chopped	1/4 bay leaf, crumbled
1/4 cup green pepper, chopped	1/4 tsp Italian seasoning
1/4 cup parsley, minced	1/2 cup fresh or canned tomatoes, chopped
	Grated Parmesan cheese (optional)

Soak beans by preferred method. (To maintain color integrity, soak beans separately.) Drain. Cook onion, celery, carrot, green pepper, parsley, and garlic in butter until soft. Combine cooked vegetables with soup mix, 2 quarts water, bay leaf, Italian seasoning, and soaked beans. Simmer, covered, about 1 hour to desired tenderness. Add tomato. Serve hot, sprinkled with cheese.

Servings per recipe: 8 (1 cup each)

Amount per serving: Calories 110; Calories from Fat 35; Total Fat 2.5g; Saturated Fat 0.5g; Cholesterol 0mg; Sodium 450mg; Carbohydrate 18g; Dietary Fiber 4g; Sugar 5g; Protein 4g; Vitamin A 35%; Calcium 4%; Vitamin C 15%; Iron 8%



Bean and Sausage Soup

½ lb (about 1 cup) dry small white or baby lima beans	1 bay leaf
1 cup low-sodium chicken stock	8 oz Polish sausage, sliced ½-inch thick
½ cup onion, chopped	1 (8.75 oz) can garbanzo beans, drained
¼ tsp cumin, ground	1 (8.75 oz) can creamed corn
⅛ tsp black pepper	Parsley, chopped (optional)

Soak beans by preferred method. Drain and rinse soaked beans. Add 4 cups water, chicken stock, onion, and seasonings. Simmer, covered, about 30 minutes or until beans are almost tender. Add sausage, garbanzo beans, and corn. Return mixture to boil; simmer 30 minutes or until beans are tender. Remove bay leaf. Ladle into soups bowls; garnish with parsley.

Servings per recipe: 4–5

Amount per serving: Calories 470; Calories from Fat 140; Total Fat 16g; Saturated Fat 5g; Cholesterol 30mg; Sodium 690 mg; Carbohydrate 31g; Dietary Fiber 7g; Sugar 5g; Protein 13g; Vitamin A 2%; Calcium 6%; Vitamin C 4%; Iron 15%

Quick Black Bean Soup

1 Tbsp olive oil	Condiments:
1½ cup large onion, chopped	Lemon or lime slices
2 cups carrots, thinly sliced (4–5 medium)	Salsa
1 cup celery, sliced (4 stalks)	Shredded cheddar cheese
3 cloves garlic, minced	Sour cream or plain yogurt
3 (15 oz) cans black beans	Cooked white or yellow rice
1 (14.5 oz) can low-sodium chicken broth	
1½ tsp cumin	
⅛–¼ tsp cayenne pepper	
½ cup chicken broth or water	

In a large saucepan, heat olive oil over medium-high heat; sauté onion, carrots, celery, and garlic for 3 minutes. Cover and cook 10 minutes, stirring several times until vegetables are very soft. Transfer vegetables to food processor or blender. Add 2 cans undrained beans. Purée until very smooth. Return mixture to saucepan. Drain and rinse remaining can of beans; add to soup. Stir in broth, cumin, and cayenne. Bring to a simmer over medium-high heat. Cook uncovered 10 minutes, stirring frequently to prevent sticking. Add additional water if needed to desired consistency. Serve with squeeze of lemon or lime, or choice of condiments.

Servings per recipe: 6

Amount per serving: Calories 140; Calories from Fat 30; Total Fat 3g; Saturated Fat 0g; Cholesterol 0mg; Sodium 440mg; Carbohydrate 20g; Dietary Fiber 6g; Sugar 5g; Protein 6g; Vitamin A 170%; Calcium 6%; Vitamin C 10%; Iron 10%

Santa Fe Soup

2 lb lean ground beef	1 (28 oz) can pureed tomatoes
1 large onion, diced	2 cans white corn
1 can black beans	2 packages dry ranch dressing
1 can kidney beans	2 packages taco seasoning
1 can pinto beans	2 cups water
1 can tomatoes with lime and cilantro	Sour cream for garnish

Brown meat and onion. Add other ingredients. Do not drain any of the cans. Heat and serve.

*If using dry beans, follow the instructions for soaking and cooking on the package.

Servings per recipe: 12

Amount per serving: Calories 90; Calories from Fat 15; Total Fat 2g; Saturated Fat 0g; Cholesterol 10mg; Sodium 320mg; Carbohydrate 12g; Dietary Fiber 2g; Sugar 2g; Protein 7g; Vitamin A 2%; Calcium 2%; Vitamin C 6%; Iron 6%

Santa Fe Chicken Chili

¼ cup olive oil	2 (14.5 oz) cans reduced-sodium chicken broth
4 cups red bell pepper, chopped (4 medium)	2 lb boneless, skinless chicken breasts, cut into ½-inch pieces
2 cups green bell pepper, chopped (2 medium)	3 cups cooked or 2 (15 oz) cans kidney beans, drained and rinsed
2 cups onion, chopped (2 medium)	1 can diced chilies
8 medium cloves garlic, minced	1 (10 oz) package frozen corn kernels
3 Tbsp chili powder	1 tsp black pepper
2 tsp ground cumin	
¼ tsp cayenne pepper, or to taste	
2 (28 oz) cans tomatoes*	

In a large pot, heat oil over high heat. Add bell peppers, onions, and garlic; sauté for 5 minutes, stirring frequently. Add chili powder, cumin, and cayenne; cook for 1 minute, stirring constantly. Add tomatoes, breaking them up with a spoon, and broth; bring to a boil. Reduce heat to medium-low; simmer for 15 minutes to reduce liquid slightly. Stir in chicken, kidney beans, salsa, and corn. Bring to a boil. Cover, reduce heat, and simmer for 5 minutes, or until chicken is cooked through. Stir in black pepper and salt.

*Use no-sodium or no-salt-added canned tomatoes.

Servings per recipe: 10

Amount per serving: Calories 280; Calories from Fat 40; Total Fat 4.5g; Saturated Fat 1g; Cholesterol 55mg; Sodium 520mg; Carbohydrate 31g; Dietary Fiber 11g; Sugar 9g; Protein 29g; Vitamin A 60%; Calcium 6%; Vitamin C 160%; Iron 15%

Meaty Beans

Black Bean Cakes

3 (15 oz) cans black beans, rinsed and drained	2 garlic cloves, minced
2 large eggs	1 tsp ground cumin
3 cups plain bread crumbs	½ tsp ground black pepper
1 cup red bell pepper, chopped	½ tsp onion powder
½ cup fresh cilantro, chopped	4 Tbsp vegetable oil
2 tsp chili powder	Purchased salsa (optional)
1 tsp cayenne pepper	Sour cream (optional)
½ cup green onion, chopped (about 4)	Avocado slices (optional)

Puree 2 cups black beans with eggs in processor until smooth. Transfer to large bowl. Stir in remaining beans, 1½ cup bread crumbs, and next 9 ingredients. Shape mixture into 10 half-inch-thick patties, using about ½ cup mixture for each. Transfer patties to baking sheet. (Can be prepared 4 hours ahead. Cover and chill.) Coat black bean cakes on both sides with remaining breadcrumbs. Heat 2 Tbsp oil in each of 2 heavy large skillet over medium heat. Add 5 black bean cakes to each skillet; cook until golden brown, about 3 minutes per side. Transfer to plates. Serve topped with salsa, sour cream, and avocado slices.

Servings per recipe: 10

Amount per serving: Calories 290; Calories from Fat 70; Total Fat 8g; Saturated Fat 1g; Cholesterol 45mg; Sodium 280mg; Carbohydrate 45g; Dietary Fiber 9g; Sugar 4g; Protein 12g; Vitamin A 15%; Calcium 10%; Vitamin C 45%; Iron 25%

No-Work Meatloaf

1 lb lean ground beef*	1 cup ketchup**
¾ cup dry navy, great Northern, or yellow-eye beans (or 15.5 oz can), cooked, drained, rinsed, and mashed	½ cup unsalted cracker crumbs or bread crumbs

Mix all ingredients together well. Put the mixture in a bread pan, or shape into a loaf and place in a shallow baking dish. Bake at 350 degrees for 45 minutes. Serve with cooked rice.

*80/20 ground beef was used for nutrition analysis, but you can substitute a lower-fat ground beef, ground turkey, or chicken.

**You can use a low-sodium or a low-sugar ketchup.

Servings per recipe: 6 (3 oz)

Amount per serving: Calories 370; Calories from Fat 130; Total Fat 14g; Saturated Fat 5g; Cholesterol 70mg; Sodium 650mg; Carbohydrate 35g; Dietary Fiber 9g; Sugar 4g; Protein 12g; Vitamin A 15%; Calcium 10%; Vitamin C 45%; Iron 25%

West African Bean Fritters

1 (15 oz) can black-eyed peas or 1½ cup cooked dry-packaged black-eyed peas, rinsed, drained

1 egg

2 Tbsp onion, chopped

1 to 1½ tsp ground ginger

1 Tbsp jalapeno chili, chopped

¼ cup plain dry bread crumbs

¼ cup cornmeal

Vegetable oil, for frying

Ginger Tomato Dipping Sauce (recipe below)

Process black-eyed peas, egg, onion, ginger root, and jalapeno chili in food processor or blender until smooth. Transfer mixture to medium bowl. Stir in breadcrumbs. To shape fritters, roll 1 Tbsp black-eyed pea mixture into a ball or oval shape; coat lightly with cornmeal. Repeat with remaining mixture. Heat oil in medium saucepan to 350 degrees. Fry fritters, 4 or 5 at a time, until browned, about 2 minutes. Drain on paper towels; keep warm in 200-degree oven until ready to serve. Spoon Ginger Tomato Dipping Sauce in center of small plates; arrange fritters on sauce.

Servings per recipe: 4 (6 fritters, without sauce)

Amount per serving: Calories 170; Calories from Fat 25; Total Fat 3g; Saturated Fat 0g; Cholesterol 45mg; Sodium 110mg; Carbohydrate 28g; Dietary Fiber 5g; Sugar 2g; Protein 9g; Vitamin A 2%; Calcium 4%; Vitamin C 2%; Iron 15%

Ginger Tomato Dipping Sauce

½ (14.5 oz) can diced tomatoes, undrained

2 Tbsp onion, chopped

1 Tbsp jalapeno chili, chopped

1 Tbsp chopped gingerroot or 1–2 tsp ground ginger

2 cloves garlic

½ tsp salt

1 tsp vegetable oil

Process all ingredients, except oil, in food processor or blender until smooth. Sauté sauce in oil in small skillet until thickened, about 5 minutes.

Sloppy Bean Joes

1 lb lean ground beef

1 (15 oz) can pork and beans

10 hamburger or hot dog buns

Brown the ground beef, then drain off extra fat. Add pork and beans and heat. Serve on hamburger or hot dog buns.

Servings per recipe: 10

Amount per serving: Calories 220; Calories from Fat 40; Total Fat 4.5g; Saturated Fat 1.5g; Cholesterol 25mg; Sodium 370mg; Carbohydrate 30g; Dietary Fiber 3g; Sugar 6g; Protein 15g; Vitamin A 0%; Calcium 8%; Vitamin C 2%; Iron 15%

Jamaican Beans and Rice

1 Tbsp vegetable oil	1¼ tsp dried thyme leaves
½ cup onion, chopped	¼ tsp ground allspice
½ cup red or green bell pepper, chopped	1 (14.5 oz) can fat-free, reduced-sodium chicken broth
1 tsp garlic, minced	2 (15 oz) cans red or black beans, drained and rinsed
½ small jalapeno chili, veins and seeds discarded, minced	2 cups cubed peeled sweet potatoes (½-inch cubes)
	3 Tbsp lime juice

Sauté onion, pepper, garlic, jalapeno, thyme, and allspice in oil in medium saucepan 3–4 minutes. Add chicken broth, beans, and sweet potatoes to saucepan; heat to boiling. Reduce heat and simmer, uncovered, until sweet potatoes are tender, 10–15 minutes. Stir in lime juice. Serve over rice.

Servings per recipe: 4 (1 cup each)

Amount per serving: Calories 310; Calories from Fat 30; Total Fat 3.5g; Saturated Fat 0.5g; Cholesterol 0mg; Sodium 370 mg; Carbohydrate 54g; Dietary Fiber 15g; Sugar 5g; Protein 17g; Vitamin A above 100%; Calcium 15%; Vitamin C 40%; Iron 25%

Ham and Bean Tetrazzini

Vegetable cooking spray	1¼ cup fat-free milk
2 cups sliced mushrooms	1 (15 oz) can red kidney beans or 1½ cup cooked dry-packaged red kidney beans, rinsed, drained
4–6 oz low-sodium, reduced-fat ham, cut into ½-inch cubes	½ to ¾ (4–6 oz) shredded cheddar cheese
2 green onions and tops, sliced	Salt and pepper, to taste
1 (10.75 oz) can 98% fat-free, sodium-free cream of mushroom soup	8 oz cooked spaghetti, warm
	½ cup plain dry bread crumbs, optional

Spray large saucepan with cooking spray; heat over medium heat until hot. Sauté mushrooms, ham, and green onions until mushrooms are tender and ham is beginning to brown, about 5 minutes. Stir in soup and milk and heat to boiling. Reduce heat and simmer 2–3 minutes. Stir in beans and cheese; season to taste with salt and pepper. Stir in spaghetti. Spoon spaghetti mixture into greased 11x7 baking dish. If desired, sprinkle with bread crumbs. Bake at 350 degrees until bubbly, about 25 minutes.

Servings per recipe: 4

Amount per serving: Calories 400; Calories from Fat 90; Total Fat 10g; Saturated Fat 3.5g; Cholesterol 30mg; Sodium 420mg; Carbohydrate 54g; Dietary Fiber 14; Sugar 6g; Protein 24g; Vitamin A 4%; Calcium 20%; Vitamin C 2%; Iron 8%

Chili Mac

12 oz ground beef	1 (8 oz) can tomato sauce
4 cloves garlic, chopped	1 (14.5 oz) can chopped tomatoes, undrained
½ cup onion, chopped	1 Tbsp chili powder
½ cup bell pepper, chopped	1 tsp ground cumin
2 cups cooked elbow macaroni	Salt and pepper to taste
1 (16 oz) can kidney beans, rinsed and drained	¾ cup shredded cheddar cheese for topping

Brown beef and drain. Sauté garlic; add onion and bell pepper, and sauté until softened. Add remaining ingredients except cheese; stir well. Simmer 15 minutes, stirring occasionally. Spoon into serving bowls and top with shredded cheese.

Servings per recipe: 10

Amount per serving: Calories 190; Calories from Fat 80; Total Fat 9g; Saturated Fat 4g; Cholesterol 30mg; Sodium 460mg; Carbohydrate 14g; Dietary Fiber 4g; Sugar 3g; Protein 12g; Vitamin A 10%; Calcium 10%; Vitamin C 25%; Iron 10%

Quick Bean & Cheese Enchiladas

2 cups cooked pinto beans or small red beans*	½ lb low-fat cheddar cheese, divided
2 cups chopped tomatoes, fresh	8 corn tortillas
1 can green chilies, diced	1 (20 oz) can tomato enchilada sauce

Mash beans. Add tomatoes and chilies to mashed beans, and mix together. Spoon bean mixture down center of each tortilla, dividing evenly. Cut half of cheese into 8 sticks. Place one stick over beans on each tortilla. Roll tortilla to enclose. Place seam-side down in greased shallow baking dish. Pour enchilada sauce over all. Grate remaining cheese and sprinkle over sauce. Bake in preheated oven at 350 degrees for 16 minutes. Top with lettuce and sour cream.

*You may use canned pinto or red beans. If using canned beans, make sure to drain and rinse them.

Servings per recipe: 8

Amount per serving: Calories 340; Calories from Fat 45; Total Fat 5g; Saturated Fat 1g; Cholesterol 5mg; Sodium 660 mg; Carbohydrate 47g; Dietary Fiber 6g; Sugar 5g; Protein 21g; Vitamin A 10%; Calcium 25%; Vitamin C 6%; Iron 25%



Snacks and Desserts

Bean Crunch

Crunchy Beans:

2 cans small white beans, rinsed and drained
1 Tbsp Worcestershire sauce
1 Tbsp chili powder
2 tsp liquid smoke flavoring
½ tsp garlic powder
½ tsp hot chili sauce

Cracker Mix:

1 cup mixed pretzels, rice cereal, and wheat cereal
1 cup goldfish crackers
1½ tsp Worcestershire sauce
2 tsp chili powder
1 tsp onion powder
1 tsp garlic
Salt to taste

Spread beans on paper towel to dry. Mix Worcestershire sauce, chili powder, and liquid smoke flavoring in a small bowl. Add beans and marinate for 30 minutes. Spray cookie sheet with oil, spread beans out in a single layer, and bake at 350 degrees for approximately 45 minutes or until crunchy. Stir beans periodically for even browning. While beans are cooking, mix cracker mix ingredients in bowl. Remove beans from oven, add to cracker mix, and toss to coat. Spread crackers and bean mix on cookie sheet and return to oven. Bake for 15 minutes at 350 degrees. Remove and cool.

Servings per recipe: 10–12

Amount per serving: Calories 110; Calories from Fat 15; Total Fat 2g; Saturated Fat 0g; Cholesterol 0mg; Sodium 400mg; Carbohydrate 22g; Dietary Fiber 4g; Sugar 2g; Protein 6g; Vitamin A 8%; Calcium 4%; Vitamin C 4%; Iron 15%

Bean Fudge

1 (15 oz) can pinto beans, rinsed and drained
¾ cup butter, melted
1 cup cocoa powder

4 cups powdered sugar
1 Tbsp vanilla
1 cup chopped walnuts

Puree beans in blender or food processor with butter until smooth; transfer to a bowl. Add cocoa, powdered sugar, and vanilla; beat 3 minutes until thoroughly mixed. Stir in nuts. Spread mixture evenly in a 9x13 pan. Store in refrigerator.

Servings per recipe: 24

Amount per serving: Calories 170; Calories from Fat 60; Total Fat 6g; Saturated Fat 2g; Cholesterol 5mg; Sodium 75mg; Carbohydrate 30g; Dietary Fiber 2g; Sugar 23g; Protein 3g; Vitamin A 4%; Calcium 2%; Vitamin C 0%; Iron 4%

Idaho's Spicy Bean Cake

¼ cup butter or margarine	¼ tsp nutmeg
1 cup sugar	1 tsp cinnamon
2 eggs	½ tsp cloves
2 cups cooked, pureed pinto beans	2 cups diced apples
1 cup flour	¾ cup raisins
1 tsp baking soda	½ cup nuts
¼ tsp salt	1½ tsp vanilla

Cream butter or margarine and sugar. Add eggs, one at a time, beating well. Blend in pureed beans. Sift together dry ingredients. Add to creamed mixture, blending well. Fold in apples, raisins, nuts, and vanilla. Pour into buttered 9x13 pan. Bake in 375-degree oven 45–50 minutes or until cake tests done. Frost cake with maple or cream cheese frosting, if desired.

*Add 4 Tbsp cocoa to make chocolate cake.

Servings per recipe: 24

Amount per serving: Calories 110; Calories from Fat 30; Total Fat 3.5g; Saturated Fat 1g; Cholesterol 20mg; Sodium 100mg; Carbohydrate 20g; Dietary Fiber 2g; Sugar 7g; Protein 3g; Vitamin A 2%; Calcium 2%; Vitamin C 2%; Iron 4%

References

Position of the American Dietetic Association: Health Implications of Dietary Fiber. *Journal of the American Dietetic Association*. 2008; 108: 1716-1731.

University of Wyoming Cooperative Extension Service
"Legumes" from the 2002 Centsible Nutrition Cookbook.

California Bean Commission

California Dry Bean Board
<http://www.calbeans.org/>

Idaho Bean Commission
<http://bean.idaho.gov>

Michigan Bean Commission
<http://www.michiganbean.org/>

United States Department of Agriculture
<http://www.ers.usda.gov>

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