NUTRITION AND YOU...DRIED BEANS AND LENTILS

FOOD FOR THOUGHT
Beans are a wonderful addition to a healthy diet. They are a good, inexpensive source of nutrients. There are hundreds of different types of beans, and each variety has its own unique set of nutritional benefits.

SHOP SMART
Dried or canned beans, peas, and lentils (also called legumes) are available year-round at most supermarkets. When you buy dried legumes, look for undamaged boxes or bags. If you purchase in bulk, choose unbroken legumes and check for insect damage, which sometimes shows up as pinhole-sized marks.

EAT HEALTHY
Beans and Lentils are:
- An excellent source of plant protein
- A good source of dietary fiber, potassium, magnesium, and iron.

Note: ¼ cup of cooked dried beans, lentils, or peas counts as 1 oz. equivalent in the protein group toward your daily-recommended intake.

KEEP IT SAFE
These food safety tips will help protect you and your family:
- Wash hands for 20 seconds with warm water and soap before and after preparing food
- Leftover cooked legumes will stay fresh in the refrigerator for 3-4 days
- Before cooking dried legumes, pick through and remove any dirt or small stones
- Wash legumes under cool, running water before cooking

Your Local Story here:

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RECIPES
Simple Cooked Beans

Ingredients:
1 lb. dried beans
10 cups water

Instructions:
1. Sort: Before soaking beans, pick them over and remove any damaged beans, small stones, or dirt.

2. Soak: Most beans will rehydrate to triple their size, so be sure to start with a large enough pot. Choose one of the following ways to soak your beans:

   - **Hot Soak:** This helps reduce intestinal gas. For each pound of dry beans, add 10 cups of water; heat to boiling and let boil 2-3 minutes. Remove from heat, cover, and set aside for up to 4 hours.
   - **Quick Soak:** For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2-3 minutes. Remove from heat, cover and set aside for at least 1 hour.
   - **Overnight Soak:** For each pound dry beans, add 10 cups cold water and let soak overnight, or at least 8 hours.

3. Cook: Drain soaking water and rinse beans. Cover beans with fresh water. Simmer for 1½-2 hours until tender.

FOCUS ON FITNESS

Have an activity party. The next time you host a birthday party, make physical activity the center of attention. Try backyard Olympics or relay races. Have a bowling or skating party.

REMEMBER:
When you increase your consumption of beans, drink plenty of fluids and exercise regularly. This minimizes gastrointestinal discomfort.

REFERENCES

- United States Department of Agriculture, choosemyplate.gov/
- Centers for Disease Control and Prevention, fruitsandveggiesmatter.gov/health professionals/food_safety.html
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992
- United States Department of Agriculture, SNAP-Ed Connection, recipefinder.nal.usda.gov/
- University of Alaska Fairbanks Cooperative Extension Service, uaf.edu/ces/publications-db/catalog/hec/FNH-00360.pdf

Nutrition Facts– Simple Cooked Beans

Cost: Per Recipe: $ 0.97 Per Serving: $ 0.08
Serving Size: ½ cup (1/12 of recipe, 235 g)
Calories: 130 Calories from Fat: 0

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>0 g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Protein</td>
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*Percent daily value based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.