



Brought to You by Ohio SNAP-Ed and the Ohio Expanded Food and Nutrition Education Program (EFNEP)

# 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:

**18 pt Arial Bold Headline**

Text in 11 pt. Arial Regular



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

# RECIPE

## 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.

### 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

Per Serving	% Daily Value*
Total Fat – 0 g	0%
Saturated Fat – 0 g	0%
Dietary Fiber – 9 g	36%
Sodium – 20 mg	1%
Sugars – 2 g	
Protein – 9 g	

\*Percent daily value  
Based on a 2,000  
calorie diet. Your  
daily values may  
be higher or lower  
depending on your  
caloric needs.

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.



Revised January 2016

## REFERENCES

- United States Department of Agriculture, [choosemyplate.gov/](http://choosemyplate.gov/)
- Centers for Disease Control and Prevention, [fruitsandveggiesmatter.gov/health\\_professionals/food\\_safety.html](http://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/](http://recipefinder.nal.usda.gov/)
- University of Alaska Fairbanks Cooperative Extension Service, [uaf.edu/ces/publications-db/catalog/hec/FNH-00360.pdf](http://uaf.edu/ces/publications-db/catalog/hec/FNH-00360.pdf)

This material funded by USDA-Food & Nutrition Service's Supplemental Nutrition Assistance Program (SNAP), Ohio Food Assistance Program Grant/Contract ODJFS Grant Agreement G-1213-17-0612, October 1, 2012-June 30, 2013

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.