

Southern University and A&M College System
AGRICULTURAL RESEARCH AND EXTENSION CENTER
NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

Nutrition Nibbles

To Bean or Not to Bean

Many of us have had beans and thought, "Oh No! Not Beans Again!" But beans are very important in a healthy eating plan. Beans are low in cost and can feed a large number of people with a small amount.

What do Beans Contain?

According to the Food Guide Pyramid, one serving of beans (1/2 cup, cooked) counts as one ounce serving of lean meat (about the size of a match box) in the meat group. Beans are packed full of protein, carbohydrates, fiber, B-vitamins and minerals such as iron. Best of all beans are a low-calorie food.

What is So Good About Beans?

Beans contain protein. Protein helps build and maintain body tissues and forms antibodies that fight infection. Research has shown that beans contain fiber and dry beans are also good sources of iron. Iron helps carry oxygen in your blood stream from your lungs to your cells.

How to Soak Beans

Quick method: Cover beans with water and boil the beans for two minutes. Put lid on pot and soak for 1 to 4 hours before cooking.

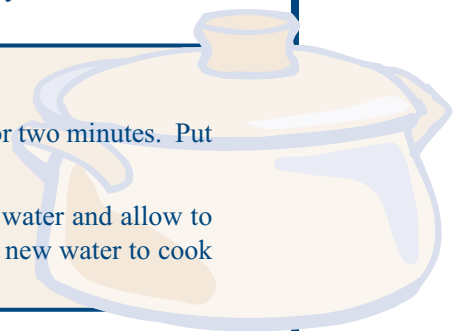
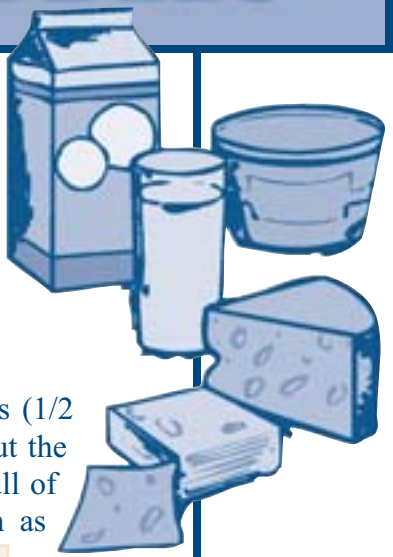
Overnight cold soak: Cover the beans at room temperature water and allow to sit overnight (12 hours or more). Remember to use clean or new water to cook beans.

Storage

Dry beans can be stored in unopened packages or a sealed container in a cool, dry place. Cooked beans can be stored up to 3 days covered in the refrigerator. Beans can be frozen but they must be cooked.

Do You Know Your Bean Math?

- 1 cup of dry beans = 3 cups cooked
- 1 lb. dry beans = 2 cups dry = 5-6 cups cooked
- 1-16 oz can of beans = 2 cups cooked dry beans



"Eat Healthy - Stay Healthy"



What's Cooking?

TEXAS CAVIAR

Serves 8-10

- | | |
|--|---|
| 1 1/2 cups dry blackeye peas | 1/2 cup diced red bell pepper |
| 1 cup diced green bell pepper (1 medium) | 1/2 cup finely chopped & seeded jalapeno pepper |
| 1/2 diced onion (1 small) | 1/2 cup low-calorie Italian salad dressing |
| 1/2 cup finely chopped green onion | |

Place the peas in a large pot with 3 cups water; bring to a boil, reduce heat and simmer 45-50 minutes or until beans are just barely tender. Drain and rinse with cold water. Mix beans with remaining ingredients. Chill. Serve as a dip with tortilla chips or crackers.

Nutritional value: Calories 108 * Protein 5g * Carbohydrates 17g * Fat 2g * Fiber 5g *

SKILLET CHILI MACARONI

Serves 4

- | | |
|----------------------------|---|
| 8 oz elbow macaroni | 1 1/2 cups prepared low sodium spaghetti sauce |
| 1/2 pound lean ground beef | 1 cup low sodium canned beef broth |
| 1/2 cup chopped onion | 1 1/2 cups cooked or canned (15 oz) kidney beans, drained |
| 1 tablespoon chili powder | |

Cook pasta according to package directions; drain. Meanwhile, in a large skillet over medium-high heat, cook beef until lightly browned, stirring to separate meat. Drain fat. Add onion and chili powder; cook until beef is browned and onion is tender. Stir in spaghetti sauce, broth, beans and macaroni. Cook 5-10 minutes until heated through.

Nutritional value: Calories 517 * Protein 26g * Carbohydrates 72g * Fat 12g * Cholesterol 34g * Fiber 9g * Sodium 241mg * Folate 114mcg

PINTO BEAN FUDGE

96 pieces

- | | |
|--|---------------------------------|
| Nonstick vegetable cooking spray | 1 tablespoon vanilla extract |
| 2 cups cooked pinto beans, warm (about 2-16 oz cans) | 2 pounds powdered sugar, sifted |
| 1/3 cup margarine or butter, melted | 1 cup chopped walnuts |
| 4 ounces unsweetened baking chocolate, melted | 1 cup unsweetened cocoa |

Spray a 9x13 inch pan with cooking spray; set aside. Mash or puree pinto beans. Add butter or margarine, cocoa, baking chocolate and vanilla. Mix in powdered sugar gradually. Add nuts. Press into pan. Store in refrigerator.

Nutritional facts per piece: Calories 55 * Total fat 2g * Carbohydrates 9g * Fiber 1g * Sodium 8mg

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