Fruits and Vegetables....
Good for You!

Legumes

Fresh, frozen, canned or dried

Legumes are plants that have pods with rows of seeds inside. They include beans, peas, lentils and peanuts. Legumes start out like regular beans and peas, but instead of being picked when they are ripe, they are left to dry in their pods.

Why are Legumes Good for You? They are:

- High in folate—important for having a healthy baby and may help prevent certain cancers.
- High in zinc—important in fighting off winter-time colds and flu.
- Packed full of protein—a cup full provides almost all the protein an adult needs for an entire day from the Meat and Beans Group.
- Low in fat, yet filling—a good choice for maintaining healthy weight.

That’s not all! Legumes help lower cholesterol and prevent heart disease.

Bean facts

- Canned, frozen, dried or fresh—all are nutritious.
- There are about 1½ cups of beans in a 15-ounce can.
- For most recipes, one kind of beans can be substituted for another.

Tips for using canned beans

- Use them straight out of the can (cold or heated).
- Drain and rinse in a colander or strainer under cold running water. This will help lower the amount of salt. It also may help remove some of their gas-producing properties.
- Remove any leftover beans from the can and store in a covered container in the refrigerator. Use beans within 3 days or freeze and use within 6 months.

hint

Beans are a great source of fiber and good for promoting “regularity.” Add them to your diet slowly, and be sure to drink plenty of water! Have trouble with beans? Then try lentils—they are an excellent source of fiber, and easy to digest.

www.pyramid.gov

Legumes fit in the Vegetable Group and the Meat and Beans Group. Beans can be THE main dish or be part of the meal.

stretch your food dollar

question: What are some of the best sources of protein for less than a dollar?

answer: BEANS and LENTILS

question: One can of beans provides enough protein from the Meat and Beans Group for a meal for how many people?

answer: 2-3
**Lentils with Carrots and Brown Rice**

6 servings, 1 1/2 cups each
- 2 medium carrots, chopped
- 1 teaspoon minced garlic
- 5 cups water
- 1 can (14-ounces) nonfat, low-sodium chicken broth
- 1 cup lentils, sorted for stones and rinsed
- 1/2 teaspoon pepper
- 2 cups uncooked instant brown rice

In a large pot over medium-high heat, bring all ingredients, except rice, to a boil. Reduce heat to medium-low and cook, covered, for 30 minutes, or until lentils are tender. Stir in brown rice and cook, covered, for 5 minutes or until rice is tender.

Tastes great reheated and served in pita-pockets.

_Nutrition Facts: One serving provides 230 calories, 1.5g total fat, 0mg cholesterol, 330mg sodium, 47g total carbohydrate, 7g dietary fiber_

Adapted from Meals in Minutes Cookbook by the American Heart Association

---

**Tip**

Add leftover meat to recipes for added flavor

---

**Ten Minute Tacos**

Soft tortilla, mashed canned pinto beans, shredded lettuce and low fat cheese, topped with taco sauce.

_Nutrition Facts: 1 taco provides 190 calories, 4g total fat, 0mg cholesterol, 470mg sodium, 31g total carbohydrate, 2g dietary fiber_

---

**Chili is Cheap**

3 cans of beans (mix or match kidney, garbanzo, pinto, black or navy beans), can of tomatoes, 2 teaspoons chili powder. Heat.

_Nutrition Facts: 1 cup provides 280 calories, 2g total fat, 0mg cholesterol, 1090mg sodium, 51g total carbohydrate, 15g dietary fiber_

---

**Quesadillas Quick**

Flour tortilla, topped with fat-free refried beans, low fat cheese and another tortilla. Heat in skillet or microwave.

_Nutrition Facts: 1/2 quesadilla provides 190 calories, 4g total fat, 5mg cholesterol, 410mg sodium, 30g total carbohydrate, 2g dietary fiber_

---

**Easy Enchilada**

Canned pinto or black beans, shredded low fat cheese and enchilada sauce on a corn tortilla. Roll-up, add more sauce on top and heat.

_Nutrition Facts: 1 enchilada provides 150 calories, 3g total fat, 5mg cholesterol, 650mg sodium, 24g total carbohydrate, 4g dietary fiber_

---

**Super Simple Bean Salad**

Drain canned garbanzo beans, red kidney beans and green beans. Toss with low fat Italian dressing.

_Nutrition Facts: 1/2 cup provides 90 calories, 0g total fat, 0mg cholesterol, 490mg sodium, 16g total carbohydrate, 5g dietary fiber_

---

**Red Beans and Rice**

Cook rice and top with heated, canned red beans, with a dash of red pepper.

_Nutrition Facts: 3/4 cup provides 200 calories, 0g total fat, 0mg cholesterol, 0mg sodium, 40g total carbohydrate, 6g dietary fiber_

---

**Bean Dip**

1 can (16-ounce) fat-free refried beans
1 can (10-ounce) tomatoes with green chilies

Combine refried beans and tomato mixture. Serve with veggies.

Store any leftover dip in refrigerator.

_Nutrition Facts: 1/2 cup provides 90 calories, 0g total fat, 0mg total cholesterol, 490mg sodium, 16g total carbohydrate, 5g dietary fiber_

---

In accordance with Federal law and US Department of Agriculture’s policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC, 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

This material was funded by USDA’s Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local SRS office or call (800)221-5689.