

# 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](http://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

# Meals in Minutes

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 130 calories, 0g total fat, 0mg cholesterol, 440mg sodium, 22g total carbohydrate, 8g 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*

## ***Lentils are disc-shaped, about the size of a pea and cook quickly.***

### 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 can (15-ounces) stewed tomatoes

1 cup lentils, sorted for stones and rinsed

1 teaspoon dried basil or oregano, optional

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*

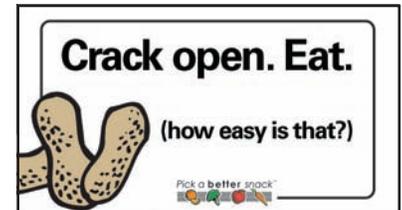
Adapted from Meals in Minutes Cookbook by the American Heart Association



## Pick a better snack™



Grab a handful of peanuts for a quick snack!



## 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*



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