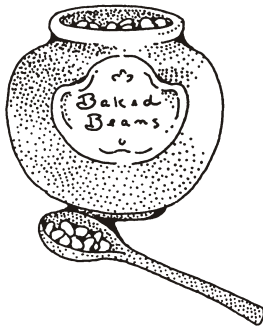


Food Fact Sheet

WORTH A HILL OF BEANS



Congratulations, you've adopted a healthier diet full of delicious vegetables, fruits and whole grains. But are you making the most of beans? Beans aren't just delicious, they're a great source of protein (15 to 20 grams per cup). They help protect your digestive system from cancer, and they work in a multitude of dishes – from down-home American staples to international favorites.

Friendly Fiber

One cup of beans boasts 10 to 14 grams of fiber, almost half of the recommended 21 to 38 grams we should consume each day. Dietary fiber keeps your stomach full longer and prevents spikes in blood sugar. It then helps move food more efficiently through the digestive tract.

High-fiber beans defend your body from cancer and heart disease. Studies show that eating 1 cup of beans per day can lower cholesterol by 10 percent. Beans also are brimming with folate, a B vitamin that helps prevent cancer. Folate controls levels of homocysteine, an amino acid formed by the natural breakdown of proteins in the body. Researchers claim that high homocysteine levels are as bad as a smoking habit and perhaps more important to heart health than cholesterol. Folate works with vitamins B6 and B12 to form a "chemical broom" that sweeps homocysteine from the body. Bite for bite, black-eyed peas have about the same amount of folate (105 micrograms per half a cup) as cooked spinach (100 micrograms for the same amount). Only fortified cereals with 100 percent of the Daily Value have more (400 micrograms per $\frac{3}{4}$ cup).

You Can Soak Beans . . .

If the beans are high quality and fresh (meaning they haven't been sitting in the market for eons), soaking isn't necessary. In fact, unsoaked beans cook up heartier and produce a richer, thicker broth.

However, given the limited availability of high-quality, fresh beans, soaking often cuts cooking time by 30 minutes to an hour. Soaking also removes 5 to 10 percent of the gas-producing sugars that cause digestive problems for some people. (Commercial enzyme products also may assist bean digestion.) Whether you soak or not, always rinse beans with water to remove any debris, and check for small stones.

For a fast soak, place beans in a saucepan and add water to cover by 2 inches. Bring to a boil, reduce heat and simmer 2 minutes. Remove from heat, cover and let stand 1 hour, or until beans double in size. Drain and discard soaking water. For an overnight method, cover beans with cool water and let stand in a cool place for 12 to 24 hours. Drain and discard soaking water.

. . . Or Use Canned

You may substitute canned beans for cooked in equal amounts. For one 15-ounce can, substitute 1¼ cups cooked beans. Since many canned varieties contain loads of salt, rinse beans with water before using them. Opt for reduced sodium or “no salt added” brands whenever possible.

Bountiful Beans

There are dozens of bean varieties to choose from. Here’s a quick rundown.

Adzuki: Small, red, mild

Anasazi: deep burgundy, white spots; similar to kidney beans

Appaloosa: light background, black and brown spots

Black: also called turtle beans; earthiness stands up to bold flavors

Black-Eyed Peas: subtle vegetable flavor

Cannellini: creamy white beans, mild

Chickpea: also called garbanzo beans; great for soups, stews and salads

Fava: also called broad beans; skins must be removed; similar taste to olives

Great Northern: small white beans

Navy and French Navy: similar to white beans

Pink: similar to red kidney beans with firmer and denser texture

Pinto: similar to red kidney beans with thinner skin

Red Kidney: hearty, meaty beans with deep earthy flavor

White Kidney: milk flavor, meaty texture

Bean Cooking Tips

Do not add salt or acidic ingredients, like vinegar, tomatoes or juice. This will slow the cooking process. Instead, add these ingredients with the beans are just tender. Cooking times vary with the types of beans used but also may vary with their age. Beans are done when they can be easily mashed between two fingers or with a fork. Always test a few beans in case they have not cooked evenly.

Bean Math

- One 15-ounce can of beans = one and one-half cups cooked beans, drained
- One pound dry beans = six cups cooked beans, drained
- One pound dry beans = two cups dry beans
- One cup dry beans = three cups cooked beans, drained

Beans are Good Food

The mighty bean fits every season, every cuisine and almost all occasions. It especially excels in vegetarian meals: a good source of protein and iron, beans are a nutritionally adequate alternative to meat if your diet also includes breads, cereals, rice or low-fat dairy products. You can increase your absorption of iron by eating beans along with foods rich in vitamin C, like melons, berries, or citrus fruits. Here are a few pointers to help you whip up delicious bean dishes:

- Slip beans into soups, stews, and salads. Or tuck them into burritos instead of beef.
- Cook up a big pot of pintos and serve them with onion and tomato slices, fresh cantaloupe and warm cornbread.
- Cook rice in chicken stock with seasonings like onion, garlic, cinnamon and cumin. Stir in prepared green peppers and heat through.
- Beans are a key part of a lot of ethnic cuisines, so check a few cookbooks for other inspirations.

The Comfort Zone

Beans have a reputation for being hard to digest. You'll feel more comfortable eating them if you:

- **Start slowly** - by eating beans only a couple of times a week at first. This will help your body get used to digesting them.
- **Soak and cook thoroughly** - to eliminate the raffinose sugars that make beans hard to digest.
- **Drink lots of fluids** - to help your digestive system handle the increased dietary fiber.

Bean Cooking Guide

Bean	Stovetop	Pressure Cooker
Lentils, Split peas	30-45 minutes	Do not use

Black-eyed peas, Butter beans
Baby limas, Black beans
Chick peas, Great Northerns,
Pink kidneys, Red pintos

Roasted Red Pepper Hummus

Makes 16 servings, each ¼ cup

8 oz. roasted red peppers (from water-packed jar)
1 can (15 oz.) chickpeas, rinsed and drained
1 can (15 oz.) white kidney beans, rinsed and drained
¼ cup sesame paste (tahini)
2 garlic cloves, minced
2 Tablespoons fresh lemon juice
1 teaspoon ground cumin
Salt and freshly ground black pepper, to taste

In food processor, combine all ingredients except salt and pepper. Process until smooth. Season to taste with salt and pepper. This tangy appetizer can be served with toasted wedges of pita bread.

Per serving: 87 calories, 3g total fat (<1g saturated fat), 13g carbohydrates, 4g protein, 1g dietary fiber, 325 mg sodium.

Chicken and Black Bean Enchiladas

Makes 4 servings

Nonstick cooking spray
½ 15 oz. can (approx. ½ cup) black beans, rinsed and drained
2 teaspoons chili powder
1 teaspoon ground cumin
1 pickled jalapeño, minced, optional
1 cup prepared salsa
4 8-inch tortillas
1 cup cooked shredded chicken breast
2 oz. shredded Mexican cheese blend or reduced-fat Monterey Jack cheese
½ cup chopped scallions

Preheat oven to 400 degrees. Coat shallow baking pan with cooking spray and set aside. In large bowl, combine beans, chili powder, cumin, jalapeño and ½ cup salsa. Mash with fork until blended. Spoon mixture onto center of each tortilla. Place chicken over bean mixture. Roll up tortillas, fold in ends and place side by side in bottom of prepared pan. Top with salsa, cheese and scallions. Cover with foil and bake 20 minutes. Uncover and bake 10 more minutes, until cheese is golden.

Per serving: 361 calories, 8g total fat (3g saturated fat), 44g carbohydrates, 26g protein, 8g dietary fiber, 741 mg sodium.

1 hour
1 to 1½ hours
1½ to 2 hours

Do not use
3 to 6 minutes
5 to 8 minutes

Curried Lentil Stew

Makes 8 servings, each 1 cup

2 teaspoon olive oil
1 cup chopped onion
2 carrots, peeled and chopped
2 garlic cloves, minced
1 Tablespoon curry powder
2 bay leaves
4 cups fat-free, reduced sodium vegetable or chicken broth
1 can (28 oz.) whole tomatoes
1 cup lentils, rinsed and cleaned
2 cups diced red potatoes (cut into 1-inch cubes)
2 Tablespoons chopped fresh cilantro
Salt and freshly ground black pepper, to taste

In large saucepan, heat oil over medium heat. Add onion, carrots and garlic and sauté 2 minutes. Add curry and bay leaves and stir to coat. Add broth, tomatoes and lentils and bring mixture to boil, breaking up tomatoes as they cook. Reduce heat, cover and simmer 30 minutes, until lentils are tender. Add potatoes and simmer, uncovered, 10 minutes, until fork-tender. Remove from heat, discard bay leaves and stir in cilantro. Season to taste with salt and pepper.

Per serving: 161 calories, 2g total fat (<1g saturated fat), 29g carbohydrates, 10g protein, 10g dietary fiber, 451 mg sodium.

Pasta e Fagioli

Makes 8 servings, each 1 cup

8 oz. ditalini pasta (or any small pasta)
2 teaspoons olive oil
½ cup chopped onion
2 garlic cloves, minced
½ lb. ground turkey breast
1 to 2 teaspoons dried oregano
Freshly ground black pepper, to taste
3 cups fat-free, reduced sodium chicken broth
1 can (28 oz.) crushed tomatoes
2 cans (15 oz. each) white kidney beans, rinsed and drained
¼ cup grated Parmesan cheese

Cook pasta according to package directions. Drain and set aside. Meanwhile, in large stockpot, heat oil over medium heat. Add onion and garlic and sauté 3 minutes, until soft. Add turkey and cook 5 minutes, until meat is browned, breaking up meat as it cooks. Add oregano and black

pepper; stir to coat. Add broth, tomatoes and beans and bring mixture to boil. Reduce heat, cover and simmer 10 minutes. Stir in cooked pasta and heat through. Ladle mixture into bowls and top with Parmesan cheese.

Per serving: 289 calories; 4g total fat (1g saturated fat), 46g carbohydrates, 19g protein, 9g dietary fiber, 587 mg sodium.