

Viva Vegetables!

Utah State University
FOOD \$ENSE
NUTRITION, DIETETICS, & FOOD SCIENCES/EXTENSION

March's featured vegetable is:

Legumes

Legume?
What is that?
Simple. Beans, peas,
lentils, and peanuts.
Anything that has a
pod with a row of
seeds inside.

Don't know beans

about how to use dried legumes?

Dried beans are very inexpensive and they often taste fresher than their canned counterparts. Follow these simple steps:

1. Sort and wash the beans, throwing out anything that isn't a bean (like a rock).
2. Combine 2 cups rinsed, dried beans such as pinto or kidney with 8 cups water.
3. Cook on low for 6-8 hours or in a crock pot overnight. Beans are done when you can press them on the roof of your mouth.
4. Add additional ingredients like onions, cumin, or garlic toward the end if you want to add flavor.



Where have you "bean?" Venture out and try new kinds.

- Keep your pantry stocked with a variety of canned legumes for a quick meal or side dish.
- Change your favorite recipe by replacing half the meat with legumes.
- Try a new legume each week.
- Mash white beans and use as a fat replacement in some baked goods.
- Here are some tips to decrease intestinal gas from beans, peas and lentils:
 1. Soak the beans in hot water.
 2. Drain and rinse canned beans.
 3. Cook beans in fresh water, not with the water they've soaked in.
- Eat beans for breakfast by putting them in a breakfast burrito.
- If you like to use canned beans, choose the kind with no added salt.
- Beans go great with rice, especially black-eyed peas and adzuki beans.
- Beans are classic in Mexican dishes, especially black beans and pinto beans.
- Add some beans to any casserole, soup, or salad you make. Try chickpeas (also known as garbanzo beans), lima beans, or edamame (soybeans. Can be found in the frozen foods section.)

Beans, beans the magical fruit, the more you eat the more...protein you get (and they're vegetables, not fruit!) Why should you care about protein? Protein is important because it builds, maintains, and repairs the tissues in your body, especially your muscles. Beans are a less expensive alternative to meat as a source of protein and go great with a lot of other foods. Help your body out by making beans a team player in your healthy diet.

Why legumes? Why me?
Why now?

Recipes

Hummus

- 1 can of chickpeas/garbanzo beans (15 oz.)
- 1/4 cup olive oil
- 1 Tablespoon lemon juice
- 1 teaspoon cumin

In a food processor, blend all ingredients together until smooth and creamy.
Serve with bread, chips, or veggies or as a sandwich spread.
Store in an airtight container for up to 3 days.
*You can add things like garlic, roasted red peppers, or sundried tomatoes to make different, fabulous varieties of hummus.

Mexican Spicy Bean Pizza



- 1 pre-made pizza crust (Boboli bread)
- 1 small can tomato paste
- 1/2 to 3/4 can spicy refried beans
- 1 small can corn, drained or 1 cup frozen corn
- 3/4 cup sliced bell pepper
- 1/4 cup thinly sliced onion
- 1/2 cup grated Colby-jack cheese
- 1/2 teaspoon red pepper flakes
- 1/4 cup chopped fresh cilantro

Preheat oven to 425°. Put pizza crust on baking sheet or pizza pan. Spread tomato paste, then refried beans over crust. Arrange corn, bell pepper and onion over beans. Sprinkle cheese and pepper flakes on top. Bake 15 minutes or until hot and bubbly. Garnish with cilantro.
Yield: 4 servings

- Black-eyed peas are actually beans... and sometimes they're called cowpeas. People in the American South (like Louisiana) eat black-eyed peas on New Year's Day for good luck. You'll probably have even better luck if you eat them more often than that!



- It takes about 850 peanuts to make a big jar of peanut butter. And did you know that peanuts aren't actually nuts? They're legumes!
- By the time you graduate from high school, you probably will have eaten over 1,000 peanut butter sandwiches.
- European folklore claims that planting beans during the night-time is good luck.
- In Japan, people use baby lima beans to make dessert.
- Beans were introduced to Europe by Spanish explorers returning from voyages to the New World.

SPILL THE BEANS ABOUT THIS GREAT EXPERIMENT!

- Materials:
- Small plastic cup
 - Soil
 - Sandwich bag
 - 4 dried beans
 - Paper towel



1. Plant two beans in the soil in the plastic cup. Don't forget to water it!
2. Wrap two beans in a damp paper towel and then put in a sandwich bag.
3. Put the bag and the cup in a sunny place.
4. Which way do you think will sprout first? Watch as your beans grow. Check them every day! Don't forget to water the soil or the paper towel if they become dry.

TEST YOUR BEAN (HEAD) BY COMPLETING THIS WORD SEARCH!

Most of these words are found somewhere in this newsletter... and they have to do with legumes!

S W V L Z K M G W I V S M H A
 V Y B E A N S A I N J W I X V
 C O Z K C E L R J J V U E W Q
 H X W X M Y D B Z H X C Z O X
 W D E U V C C A N N E D T T T
 M E G A P F T N P E A N U T S
 A E N Q C B N Z Q D I P E S K
 L F L C G H R O J P F W U C Q
 B M J X R G I D V T E M L A J
 L L K W E D E C E C M W M A V
 A P A G E L W L K U P I M C X
 C C D I N M O H H P L E M O H
 K S R T S I Q Y I I E T A H J
 A D L F D B X Y J T R A C S Y
 B Y U V S D V U P A E Q S K X

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|-----------|----------|---------|
| BEANS | GARBANZO | NAVY |
| BLACK | GREEN | PEANUTS |
| CANNED | HUMMUS | PEAS |
| CHICKPEAS | LEGUMES | PINTO |
| DRIED | LIMA | WHITE |

Need a giggle? Try these!

- What do vegetables wish for more than anything?
Peas (peace) on earth!
- What kind of vegetable is jealous?
A green bean!
- What vegetable can tie your stomach in knots?
String beans!

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