

# Enjoying LEGUMES: 3 steps for success

## 1. Enjoy dried beans, peas, and lentils for better health.

There are many good reasons why dried beans, peas, and lentils (legumes) are the only items included in two different food groups. According to the latest nutrition guidance, beans can count in both the vegetable group and the meat and beans group.

Like other veggies, legumes are rich in antioxidants, folic acid, and B-vitamins, as well as low in fat and cholesterol-free. They are also one of the best sources of fiber. Like meats, legumes provide an excellent source of protein, along with iron and zinc.

## 2. Enjoy adding more legumes to your weekly menus.

Nutrition experts recommend at least three cups of cooked legumes per week. Beans and peas can be enjoyed in many ways: as entrees (beef and bean tacos), side dishes (baked pintos), soups (lentil or split pea), and salads (three or four bean combos).

Recipes can be prepared from dried beans (soaked, rinsed and cooked) or quickly from canned beans (rinsed to removed excess sodium). Thorough rinsing is also the most effective way to remove the gas-producing sugar (raffinose) found in legumes.

## 3. Enjoy a variety of dried beans, peas, and lentils.

For maximum taste and nutrition, explore the wide variety of legumes available in grocery stores and restaurants today. Many ethnic cuisines, especially from Asia, India, and Central/South America, have delicious, traditional bean dishes to offer.

For tempting bean recipes, check your favorite cookbook or go online for everything from appetizers to desserts at [www.americanbean.org/](http://www.americanbean.org/). Many companies also offer quick and tasty recipes on packages and cans of beans, peas, and lentils.

# What will you do for a healthier YOU?

- I will add at least ½ cup of legumes to my usual weekly intake.
- I will try at least one new bean, pea, or lentil product a month.
- I will try at least one new dried bean, pea, or lentil recipe a month.
- I will \_\_\_\_\_

[www.montanadieteticassociation.org/promo.html](http://www.montanadieteticassociation.org/promo.html)

**Here is a great recipe to try:**

### **White Chicken Chili**

**By Kay Mehlberg**

1 pound chicken backs without skin, cubed  
½ cup onion, chopped  
1 teaspoon olive oil  
2 tablespoons tequila  
1 ¼ cups chicken broth  
1 can chiles, drained  
1 clove garlic, minced  
1 teaspoon cumin  
1 teaspoon cilantro  
½ teaspoon oregano  
1 can cannellini beans  
3 ½ ounces macaroni

Brown chicken in oil and add rest of ingredients. Simmer while cooking shells separately. Add shells and serve.

**Yield:** 4 servings

#### **Nutrition Information per Serving:**

Calories: 390

Fat: 6 grams

Protein: 28 grams

Carbohydrate: 54 grams

Cholesterol: 37 milligrams

Sodium: 612 milligrams