

## Beneficial Bites



Beans



### Health Benefits:

- ◆ Decrease the risk of some cancers
- ◆ Source of cholesterol lowering fiber
- ◆ Fiber in beans help prevent blood sugars from rising rapidly after meals
- ◆ Fiber is beneficial for gastrointestinal health
- ◆ Low in fat, no cholesterol

### Interesting Facts:

- ◆ Over 13,000 different species of legumes
- ◆ 22% of calories in beans are protein
- ◆ Dove Creek, Colorado is the Pinto Bean Capital of the world.
- ◆ North Dakota grows the most dry beans in the US followed by Michigan

### Reducing Gas:

- ◆ Change the water several times during soaking.
- ◆ Add a teaspoon of fennel seeds when soaking.
- ◆ Simmer beans slowly until they are tender.
- ◆ Add digestive aids, like Beano, to help reduce the amount of gas they produce.

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## Check out the March menu for these “bean” foods



### Featured Recipes:

- ◆ Cowboy Bean Casserole
- ◆ Goober Beanie Salad
- ◆ Tuscan Vegetable Bean Soup
- ◆ Corn & Black Bean Salad
- ◆ Suffrin’ Succotash
- ◆ Split Pea Soup
- ◆ Black Bean & Tomatoes

### Texas Caviar Salsa

#### **Ingredients**

- ◆ 1/2 onion, chopped
- ◆ 1 green bell pepper, chopped
- ◆ 1 bunch green onions, chopped
- ◆ 1 tablespoon minced garlic
- ◆ 1 pint cherry tomatoes, quartered
- ◆ 1 (8 oz) bottle zesty Italian dressing
- ◆ 1 (15 oz) can black beans, drained
- ◆ 1 (15 oz) can black-eyed peas, drained
- ◆ 1/2 tsp ground coriander
- ◆ 1 bunch chopped fresh cilantro

#### **Directions**

In a large bowl, mix together ingredients. Cover & chill in the refrigerator approx. 2 hours. Toss with fresh cilantro to serve.



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