



Beans and More Beans!

Beans are legumes—plants that produce pods. The beans are the seeds inside the pods. Beans are nutritious, and the Food Guide Pyramid recommends a diet that emphasizes beans and legumes.

Cooked, dry beans and peas are good sources of dietary fiber and protein. Most of us don't eat enough dietary fiber, and cooked dry beans and peas are one of the best sources of fiber. Beans are also low in fat, cholesterol-free and provide magnesium, iron, zinc and folate in the diet.

There is a wide variety of beans—let's take a look at some of these. Black beans are also called turtle beans. They are black on the outside, but a creamy color inside.

Black-eyed peas are shaped like kidney beans. They are white with a black dot. It's considered good luck to eat black eyed peas on New Year's Day!

Butter beans are also call fava beans and they are used in minestrone and Italian cooking. The texture is very smooth and they have a mild flavor.



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Butter beans are also call fava beans and they are used in minestrone and Italian cooking. The texture is very smooth and they have a mild flavor.

Chickpeas, or garbanzo beans, form the basis of Hummus, a Middle Eastern Spread. Garbanzo beans are available either canned or dry and are also good in chili and cold salads.

Kidney beans are light pink to dark red and are a favorite in chili.

Pinto beans are light brown with darker brown streaks and are used to make refried beans.

Other beans include **Great Northern beans** or white beans, **lima beans** and **baked beans**.

Have you tried many of these? Sounds like a pretty colorful list, doesn't it? Why not try a new one today!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

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