

BLACK BEANS

# LEGUMES

BLACK EYED PEAS

## WHAT IS A LEGUME?

Legumes include a variety of beans and peas and are rich in high-quality protein, compared to other plant foods. They are classified as any plant species that have seed pods and split along both sides when ripe. Chick peas, kidney beans, soy beans, and black beans are just a few common types you may be familiar with. Less common types include adzuki, mung, or fava beans.

Legumes provide our bodies with many vitamins and minerals, including folate, iron, and zinc. They are also an excellent source of protein (the part of the food that forms bones, muscles, hair, and skin in our bodies) and dietary fiber, which helps keep us full, promotes a healthy digestive tract, and may also reduce the risk of heart disease and diabetes. Legumes are loaded with both soluble and insoluble fiber and contain no saturated fat, making them a great addition to a heart-healthy diet!

SPLIT PEAS

SOY BEANS

## MAKE IT AT HOME: BLACK BEAN CITRUS SALAD

Serves 6



- 2 cups black beans, canned, drained, rinsed
- ¼ cup fresh green onion, chopped
- ¼ cup fresh celery, diced
- ¼ cup fresh green pepper, diced
- ¼ cup fresh tomato, diced
- 2 TBSP fresh cilantro, chopped
- 1 tsp granulated garlic
- 1 tsp dried, crumbled oregano

- ¼ cup 100% orange juice
- 2 TBSP lemon juice
- ¼ tsp ground pepper
- 2 TBSP canola oil
- 1/8 tsp salt

Wash all produce. Dice vegetables. Combine beans and diced vegetables in a mixing bowl. Gently stir with a spoon. Add remaining ingredients and mix well to combine. Chill in the refrigerator for at least one hour.

Nutrition per ½ cup serving: 130 calories, 5 g fat, 190 mg sodium, 0 mg cholesterol, 17 g carbohydrate, 5 g protein, 6 g fiber

CHICKPEAS

**SIMPLY  
GOOD**

KIDNEY BEANS



BLACK BEANS



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# LEGUMES



## LEGUMES AT YOUR TABLE

Legumes make a great addition to family meals. Not only are they highly nutritious, but they also tend to be inexpensive and convenient to make! Because of their high protein content, legumes count as both a veggie and a great protein source, so you may not only consider adding them to side dishes, but to your main entrée as well.

Beans stay good for a very long time, so it is good to stock up! When you have a can of beans on hand, you can easily add them to soups, stews, salsa, rice or salads. Add beans to grilled cheese sandwiches with some salsa, puree into dips, or season and roast as a side dish. Have fun with it! Make a chart of different legumes with your kids and plan to cook a new variety each week. Children can then draw a smiley face next to their favorites!

SPLIT PEAS



SOY BEANS

## BUYING AND COOKING TIPS

- Legumes can easily be found dry, canned, and frozen in your local supermarket.
- Dry beans are often low cost, but need more prep time. Plan to soak them in water for 6-8 hours before cooking.
- Canned beans are the most convenient form of beans, but tend to contain a lot of added sodium. Look for “no salt added” varieties and drain and rinse beans thoroughly before cooking or eating to remove almost half of the sodium.

## HOW MUCH SHOULD YOU EAT?

One serving of this nutritious, super filling, high protein veggie is ½ cup. The Dietary Guidelines for Americans suggests we try to aim for around three servings ( or 1 ½ cups total) each week.



CHICKPEAS

**SIMPLY  
GOOD**



KIDNEY BEANS