

Harvest of the Month



March



Dried Beans



Pick:

- Beans are available canned or dried.
- If using canned beans, choose low sodium varieties or rinse before using.

Store:

- Store dry, bagged beans in a cool place. Avoid high temperatures and humidity.
- Once soaked or cooked, beans should be refrigerated.
- Canned beans, once opened, should be stored in a sealed container in the fridge.

Prepare:

- Dried beans need to be soaked for several hours then cooked prior to using. Canned beans do not need to be soaked or cooked prior to using.

Nutrition Info

One cup of beans has about 220 calories.

Beans provide protein, fiber, potassium and iron.

Fun Facts

Varieties of dried beans include pinto, navy, lima, black, garbanzo, and Great Northern. Look for local varieties at the farmers' market or at some grocery stores, including the People's Food Co-op.

Did you know? Chickpeas and garbanzo beans are the same thing!

The legume family of plants includes pulses which are the dried seed of legumes. The word pulse comes from the Latin word, puls, which means the seeds that can be made into a thick soup. Beans are one type of pulse! Others include peas and lentils.

Uses

Try making a bean dip! Puree beans with garlic, lemon juice, olive oil and seasonings of your choosing. Serve with sliced veggies or use as a spread on sandwiches.

Beans can be added to salads, omelets, burritos, tacos, chili, & soups. Substitute beans for meat in recipes.

Family Friendly Activities

Practice measuring skills using dried beans, measuring cups and measuring spoons. How many tablespoons of beans will fit into one cup? How many teaspoons of beans will fit into ½ cup?

Associate the name of each bean with an exercise. Be creative! For example:

Kidney bean = jumping jacks

Garbanzo bean = hop on one foot

Lima bean = squat down and touch your toes

Navy bean = jump up as high as you can

Black bean = jog in place

Do each exercise for at least 30 seconds!!!

Black Bean Breakfast Bowl

Serves 2

Ingredients:

- 1 Tbsp. olive oil
- 4 eggs, beaten
- 1 (15 ounce) can black beans, drained & rinsed
- ½ avocado, peeled and sliced
- ¼ cup salsa
- Salt and ground black pepper to taste

Directions:

Heat olive oil in a small pan over medium heat. Cook and stir eggs until set, 3-5 minutes. Place black beans in a microwave-safe bowl and heat in the microwave for 1 minute. Divide warm black beans into 2 bowls. Top each bowl with scrambled eggs, avocado, and salsa. Season with salt and black pepper. Have leftovers? Serve with a tortilla as a breakfast burrito!

For more information on Farm2School visit www.laxf2s.org

Nutrition Facts

Serving Size (401g)		Servings Per Container 2	
Amount Per Serving			
Calories 410		Calories from Fat 210	
		% Daily Value*	
Total Fat 24g			37%
Saturated Fat 5g			25%
Trans Fat 0g			
Cholesterol 370mg			123%
Sodium 710mg			30%
Total Carbohydrate 36g			12%
Dietary Fiber 13g			52%
Sugars 3g			
Protein 22g			
Vitamin A 15%	•	Vitamin C 25%	
Calcium 15%	•	Iron 30%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Color a Bean!

