

Try Me!

Beans

MEATLESS MONDAY



Black Beans



Kidney Beans



Pinto Beans



Great Northern Beans

Beans are an inexpensive and delicious food that you should eat regularly because they have numerous health and longevity benefits. This nutritious food has been linked to a lower rate of disease.

These are some of the advantages of a bean-rich diet:

- ▶ Beans have more protein than most other vegetables, and are full of energy-sustaining complex carbohydrates, folate, fiber, calcium, iron, magnesium, and potassium.
- ▶ Because of their low glycemic index, beans have the unique ability to provide energy over a sustained period of time by being slowly released into your blood stream.
- ▶ The fiber in beans promote a healthy digestive tract, can reduce the risk of some types of cancer, and may lower your risk for heart disease and obesity.
- ▶ Beans are an excellent source of protein, vitamins, minerals, and complex carbohydrates. They're very low in fat and are virtually sodium-free. Plus, they are filling so they satisfy your appetite.

Types of Beans:

This is just a sampling of the many beans available. There are so many varieties of beans, it is easy to find one you like!

Adzuki - This is a small, deep red bean that is sweet with a delicate texture. It is usually sold in a dried form, but can also be purchased as a paste or flour. It's sweet taste make it especially popular in flavorful desserts.

Black - They are small, oval with an earthy flavor and soft texture. They are available dried or cooked. Black beans are also known as Turtle Beans.

Black-eyed Peas - This is an oval, creamy white bean with a black "eye". Black-eyed peas are popular in Southern cooking.



Why do beans give you gas?

This is a product of sugars and starches that are not completely digested by the enzymes in the small intestine. Once these carbohydrates travel into the large intestine, normal,

harmless bacteria make a meal out of them and produce in the process.

Can gas be prevented?

Don't miss out on the healthy benefits of beans because of the gas side effects! There are several things you can do to prevent this. Take Beano when you sit down to eat and drain and rinse canned beans to get rid of some of the hard-to-digest carbohydrates.

Experience also shows that the body gradually adapts to the increased bean consumption.

Chickpeas - Large, round, cream-colored bean with a nutty flavor and a crunchy texture. Great in salads, side dishes, and dips.

Great Northern - Medium-sized, oval white bean with a delicate taste and firm texture. These are popular in baked bean dishes and soups.

Kidney - This is a large, reddish-brown, kidney shaped bean. This is a favorite addition for chili and soups.

Pinto - Medium-sized, beige and brown speckled bean with an earthy flavor. These are used in beans and rice, soups, and stews.