



Nutrition Notes: May 2016: Harvest of the Month- Dry Beans!

Dry Beans

Cafeteria | VermontHarvestoftheMonth.org



Kid-Friendly Eating Tips

- Sauté beans in olive or vegetable oil, add a few spices along with salt and pepper and you have yourself a delicious side for breakfast or lunch.
- Raw veggies and bean dip is a great snack option.
- Add beans to a soup, chili or stew recipe.
- Burritos and tacos are an excellent way to incorporate beans into kids' diets.
- Try making bean burgers—be direct with the kids that it's not meat!
- Offer plain beans or bean salad as an option at the salad bar.

Tidbit

Beans are a great addition to main or side dishes: they are affordable, versatile and hearty. They take on flavors well, are an excellent source of protein and can be stored dry, eaten fresh or cooked.

Cooking Tips

- Soak overnight—the ratio of water to beans is 4:1. The beans will double in volume.
- Simmer, covered, until cooked and tender (times vary slightly by bean, generally 1-2 hrs).
- Sprinkle a little baking soda or oil in the water to reduce foaming. Stir occasionally and add water if needed, to prevent burning.

Storage Tips

Store beans in airtight containers and out of the light, in order to avoid rancidity and maintain the highest nutritional value.

Benefits

Beans are a good source of protein, vitamin B9 (folic acid) and the mineral potassium. They also contain vitamins A, B1 (thiamine), B3 (niacin) and C, as well as the minerals magnesium and iron.

Mini Activities

- Have students taste test different bean varieties
- Guess how many beans are in this jar?
- Have students guess the cost of pre-made bean products, canned beans and dry beans. For example: hummus vs. canned garbanzo beans vs. dry garbanzo beans.

More Resources

Cookbook

» *Bean by Bean*, by Crescent Dragonwagon

Sources: *The Visual Food Encyclopedia*, *Bean by Bean*.

