



# Market Basket of the month

The **Market Basket of the Month** featured vegetable is

## BEANS



### Produce Tips

Beans are available dry, frozen, or canned and include: garbanzo (chickpeas), blackeye peas, letils, navy, lima, pinto, kidney, northern, and black beans.

- Store dry beans in an airtight container in a cool, dry, and dark place.
- Look for low-salt frozen or canned beans.
- Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, quesadillas, and salads.

### Be sure to visit our Market Basket of the Month partners:

- Brown's Orchards & Farm Market
- Central Market York
- Flinchbaugh's Orchard & Farm Market
- Leg Up Farm
- Lebanon Farmers Market
- Penn Market

## April

### Black Bean Brownies

Makes: 16 servings

#### Ingredients

- 1 (15-ounce) can black beans, drained and rinsed
- 3 large eggs
- 3 T. vegetable oil
- ¼ C. unsweetened cocoa powder
- 1 pinch salt (about 1/8 tsp.)
- 2 tsp. vanilla extract
- ¾ C. sugar
- ½ C. semisweet chocolate chips

1. Drain and rinse beans, and put in a blender.
2. Add eggs, oil, cocoa powder, salt, vanilla extract and sugar to the blender; blend until smooth.
3. Pour batter into a greased 8 x 8-inch cooking pan.
4. Sprinkle chocolate chips on top of batter.
5. Bake for 30 minutes at 350°F.
6. Cool completely before cutting and serving.

1 serving = 140 calories, 6 g fat, 3 g protein, 20 g carbohydrate, 2 g fiber and 105 mg sodium.

Source: NDSU Extension Service

### Just the Facts

- Beans are low-cost and a great way to stretch the family food budget.
- The Alabama Butterbean Festival set the record for the largest pot of baked beans at 1,010 gallons.
- North Dakota is the top producer of dry beans in the U.S.

### Reasons to Eat Beans

- A ½ cup of cooked beans is an excellent source of fiber and folate; and a good source of iron, and potassium.
- Beans are a low-cost, low-fat source of protein that helps make bones, muscles, hair, and skin grow.
- Beans are also an important high-fiber vegetable choice. The amount needed for good health varies from ½ - 2 C. per week, depending on age and gender.

### Let's Move!

**Celebrate Earth Day:** Gather a group of friends and see how fast you can clean up all the trash around your neighborhood. Don't forget to recycle!

**Bicycles:** Lie on your back and move your legs like you're riding a bicycle. Be sure to keep your lower back flat on the ground.

**Shoulder Shrugs:** Holding hand weights in both hands, shrug your shoulders 10 times for a "set." Repeat 2 more "sets."

**Figure Eight Jumps:** Jump feet apart, feet criss-cross, feet apart, criss-cross opposite foot in front = 1 rep. See if you can do 50 reps!

### Simple Serving Tips

- Add cooked black beans or kidney beans to an omelet.
- Add chickpeas to a Greek salad for a boost of protein and fiber.
- Spread hummus (pureed chickpeas) on a sandwich.
- Make tacos with cannellini beans instead of ground beef. Mix ingredients just as instructed on the taco seasoning packet.
- Quick & Easy Hummus: Blend together 1 can of chickpeas (drained, rinsed and mashed), 1 tbsp. olive oil, ½ tsp lemon juice and 1 tbsp. minced garlic.

Market Basket of the Month is a WellSpan Community Health and Wellness initiative. To view a listing of monthly family newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket).

