



Beans



Produce Tips

- Beans are available dry, frozen or canned and include garbanzo (chickpeas), blackeye peas, lentils, navy, lima, pinto, kidney, northern, cannellini, and black beans.
- Choose low-salt frozen or canned beans.
- Store dry beans in an airtight container in a cool, dry, and dark place.
- Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, and quesadillas.

What is in it for you?

- Beans are a low-cost, low-fat source of protein.
- Beans also count as a high-fiber vegetable. Just $\frac{1}{2}$ cup gives you $\frac{1}{4}$ of the fiber you need in a day!
- A $\frac{1}{2}$ cup of most beans is a good source of folate, iron and potassium.

Serving Ideas

Drain and rinse canned beans before adding to your favorite foods. Try these combinations:

- Toss kidney beans into a pasta salad.
- Add black beans to tacos, quesadillas and store-bought salsa.
- Add Navy beans to soups and chili recipes.



Market Basket of the Month is coordinated by WellSpan Community Health and Wellness. For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.

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