

Dried Beans



Market
Basket
of the month

Serving Ideas:

- ◆ Add canned Navy beans to soups or chili.
- ◆ Combine canned black beans, lettuce, shredded low-fat cheese and salsa in tacos and quesadillas.
- ◆ Toss canned kidney beans into broccoli and pasta salads

Tips for Using Bagged Dry Beans:

For recipes that need to be cooked, like soup and chili recipes, follow these steps: 1) Rinse beans and place in a pot. 2) Cover with twice as much water as beans and soak 8-18 hours in cool place. 3) Discard the soaking water.

To use dried beans in tacos, quesadillas, egg dishes and salads, follow cooking directions on the bag.

How to Store:

Store in a sealed bag or tub in a cool, dry place.

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Cowboy Salad

Makes 8 cups

Ingredients:

2 cans (15 ounces) black-eyed peas or black beans (try a mix)
1 can (15 ounces) corn
1 bunch cilantro
1 bunch green onions (5 green onions)
3 medium tomatoes
1 avocado (optional)
1 Tablespoon canola or vegetable oil
2 Tablespoons vinegar or lime juice
1/2 teaspoon each salt and pepper



Directions:

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the tomatoes and avocado.
4. Combine all veggies in a large bowl.
5. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.

Note: You can cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

Source: FoodHero.org

Southwest Lean Bean Scramble

Makes 1 serving

Ingredients:

1 large egg plus 2 egg whites* (or 2 eggs)
1 Tablespoon skim milk
1 Tablespoon chopped green bell pepper
1 Tablespoon shredded low-fat Cheddar cheese
1/4 cup canned or cooked dry-packaged pink or kidney beans, rinsed and drained
Vegetable cooking spray (or use a paper towel to rub a small amount of oil on the skillet)
1 Tablespoon salsa
1 Tablespoon non-fat sour cream

Directions:

1. In a small bowl, mix egg, egg whites, milk, bell pepper, cheese and beans.
2. Coat a non-stick skillet with cooking spray; place over medium heat.
3. Pour egg mixture into pan. Cook and stir until egg is cooked through. Serve with salsa and sour cream.

*Tip: Egg whites are heart-healthy because they are low-fat and cholesterol-free.

Source: www.usdrybeans.com