Healthy Serving Ideas
Dry beans are usually cooked by boiling. You can also use canned and frozen beans.
• Add lima or kidney beans to salads.
• Mix lentils into your favorite casseroles instead of meat.
• Add navy beans to soups for protein.
• Sprinkle black beans on top of pizza for added flavor and fiber.
• Make a tasty dip or hummus using your favorite beans.

**CHICKPEA DIP WITH FRESH VEGETABLES**

Makes 4 servings.
2 tablespoons per serving.
Cook time: 15 minutes

Ingredients:
1 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed
3 cloves garlic
¼ cup plain lowfat yogurt
1 tablespoon lemon juice
1 teaspoon olive oil
¼ teaspoon salt
¼ teaspoon paprika
¼ teaspoon ground black pepper
1 medium carrot, sliced
2 medium celery stalks, sliced
½ cup snap peas

1. Place the first eight ingredients into a blender container and blend until smooth.
2. Serve immediately using carrots, celery, and snap peas for dipping.

**Nutrition information per serving:**
Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 336 mg

Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.

How Much Do I Need?
• A ½ cup of dry beans is about one cupped handful. This makes about 1½ cups of cooked beans.
• A ½ cup of most cooked beans is an excellent source of fiber and folate.
• Dry beans are also a good source of plant protein, iron, and potassium.
• Protein is the part of the food that we eat that makes the bones, muscles, hair, and skin in our bodies.

The amount of fruits and vegetables you need each day depends on your age, gender, and physical activity level. The chart below will help you find out how much you need. Set a good example by letting your family see you eat a variety of fruits and vegetables.

**Recommended Daily Amounts of Fruits and Vegetables**

<table>
<thead>
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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td><strong>Males</strong></td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
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<tr>
<td><strong>Females</strong></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What’s in Season?
Dry beans are in season all year long and can be found in many colors, sizes, and varieties. They can also be found canned and frozen.

Try these other good or excellent sources of plant protein: nuts, peanut butter, peas, sunflower seeds, and soybeans (as edamame or tofu).

For more ideas, visit: www.bam.gov

Health and Learning Success
Go Hand-in-Hand
Eating a variety of foods from each food group can give your child the nutrition needed to be healthy. Being healthy can help your child succeed in the classroom. According to MyPyramid, dry beans are a part of two food groups. They are part of the meat and beans group because they are a good way to get protein. They are also part of the vegetables group because they have lots of vitamins and fiber. Mix dry beans into your family’s diet for variety and a healthy dose of nutrition. *Harvest of the Month* can show you how to eat healthier and be active.

**Produce Tips**
• Look for these varieties of dry beans: garbanzo (chickpeas), blackeye peas (cowpeas), lentils, navy, lima, pinto, kidney, and black beans.
• Choose loose, dry beans that have similar size and color.
• Pick low sodium 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.