**Nutrition Info**

One cup of beans has about 220 calories.

Beans provide protein, fiber, potassium and iron.

**Fun Facts**

Varieties of dry beans include pinto, navy, lima, black, garbanzo, and great northern. Look for local varieties at the farmers’ market!

Americans eat about 6.5 pounds of dry beans each year.

Chickpeas and garbanzo beans are the same thing!

This month Piggy's Restaurant in downtown La Crosse is featuring the Harvest of the Month in a Cured Ham and Navy Bean soup! Stop by to try it!

**Uses**

Trying making a bean dip! Puree beans with garlic, lemon juice, olive oil and seasonings of your choosing. Serve with pita chips or slice veggies.

Beans can be added to salads, omelets, burritos, tacos, chili, & soups. Substitute beans for meat in recipes.

Try a breakfast burrito! Scramble eggs with chopped veggies of your choice! Add beans, sprinkle with cheese and serve in tortillas with salsa and sliced avocado.

**Family Friendly Activities**

Practice measuring skills using dried beans, measuring cups and measuring spoons. How many tablespoons of beans will fit into one cup? How many teaspoons of beans will fit into ½ cup?

Associate the name of each bean with an exercise. Be creative! For example:

- Kidney bean = jumping jacks
- Garbanzo bean = hop on one foot
- Lima bean = squat down and touch your toes
- Navy bean = jump up as high as you can
- Black bean = jog in place

Do each exercise for at least 30 seconds!!!
Crispy Garbanzo Beans
Serves 3 (1/2 cup per serving)

Ingredients:
1 (15 oz.) can garbanzo beans, drained, rinsed & patted dry
1 Tbsp. olive oil
*Spice blend of choice (Italian season, seasoning salt, taco seasoning, brown sugar & cinnamon or just salt and pepper!)

Directions:
Preheat oven to 400 degrees. In a medium sized bowl, drizzle the olive oil over the beans & stir. Place beans in a single layer on a baking sheet. Roast for 30-40 minutes, until beans are a deep golden brown & crunchy. Season with spice blend of choice.

*not included in nutritional analysis

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org