

# Harvest of the Month



May



Dried Beans



## Pick:

- Beans are available canned or dried.
- If using canned beans, choose low sodium varieties.

## Store:

- Store dry, bagged beans in a cool place. Avoid high temperatures and humidity.
- Once opened store canned beans in the refrigerator in a sealed container.
- Once soaked or cooked, beans should be refrigerated.

## Prepare:

- Dry beans need to be soaked for several hours then cooked in order to rehydrate prior to using. Canned beans should be rinsed but do not need to be soaked or cooked prior to using.

## 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](http://www.GetActiveLaCrosse.org)

## Nutrition Facts

Serving Size 1/2 cup (146g)  
Servings Per Container 3

Amount Per Serving

Calories 150    Calories from Fat 60

% Daily Value\*

**Total Fat** 6g    **9%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 310mg    **13%**

**Total Carbohydrate** 19g    **6%**

Dietary Fiber 4g    **16%**

Sugars 2g

**Protein** 6g

Vitamin A 0%    •    Vitamin C 0%

Calcium 2%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Color a Bean!

