Nutrition Info

One cup of beans has about 220 calories.

Beans provide protein, fiber, potassium and iron.

Fun Facts

Varieties of dried beans include pinto, navy, lima, black, garbanzo, and Great Northern. Look for local varieties at the farmers’ market or at some grocery stores, including the People’s Food Co-op.

Did you know? Chickpeas and garbanzo beans are the same thing!

The legume family of plants includes pulses which are the dried seed of legumes. The word pulse comes from the Latin word, puls, which means the seeds that can be made into a thick soup. Beans are one type of pulse! Others include peas and lentils.

Uses

Try making a bean dip! Puree beans with garlic, lemon juice, olive oil and seasonings of your choosing. Serve with sliced veggies or use as a spread on sandwiches.

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

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!!!
Black Bean Breakfast Bowl

Serves 2

Ingredients:
1 Tbsp. olive oil
4 eggs, beaten
1 (15 ounce) can black beans, drained & rinsed
⅓ avocado, peeled and sliced
½ cup salsa
Salt and ground black pepper to taste

Directions:
Heat olive oil in a small pan over medium heat. Cook and stir eggs until set, 3-5 minutes. Place black beans in a microwave-safe bowl and heat in the microwave for 1 minute. Divide warm black beans into 2 bowls. Top each bowl with scrambled eggs, avocado, and salsa. Season with salt and black pepper. Have leftovers? Serve with a tortilla as a breakfast burrito!

For more information on Farm2School visit www.laxf2s.org