

Produced By Cornell Cooperative Extension

Bean Basics

Trying to stretch your food dollar?
Consider adding cooked dry beans to your
family's meals!



Cooked dry beans are low in fat, high in fiber and flavor, very convenient to use and inexpensive.



They are a lean source of protein and can be used to stretch meat in a recipe.



Beans can be stored unopened for 12 months.



Beans are a good source of folate, which helps improve heart health and helps to reduce certain types of birth defects.



1/4 cup of cooked dry beans equals a one ounce serving from the meat, poultry, fish, dry beans, eggs and nuts MyPyramid food group.



1/2 cup of cooked dry beans also counts as a 1/2 cup serving from the MyPyramid vegetable group, so you can count them as a protein or a vegetable!



Decrease sodium in canned dry beans by rinsing them in a colander before using.



Most beans are interchangeable in recipes, so choose your favorite kinds and keep a few extra cans in your pantry.



If you'd like to cook dry packaged beans, go to www.beansforhealth.com for instructions.



Bean Recipes to Try

Speedy Pork Cassoulet (Bean and Meat Stew)

Makes 4 servings

- 1 tablespoon vegetable oil
- 2 medium onions, chopped
- 2 cloves garlic, crushed
- 3 boneless pork chops, cut into 3/4-inch cubes
- 2 (15-ounce) cans great Northern beans, rinsed and drained
- 3/4 cup chicken broth
- 1 (14.5 - ounce) can diced tomatoes, drained
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon dried thyme, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped parsley
- 1/4 cup seasoned bread crumbs (can substitute crushed whole grain crackers)

Directions:

1. Heat oil in a deep saucepan over medium-high heat.
2. Cook and stir onions and garlic until tender but not brown.
3. Add pork, cook and stir for 2-3 minutes or until lightly browned.
4. Stir in beans, broth, tomatoes, rosemary, thyme, salt and pepper. Bring to boiling; reduce heat, cover and simmer 10 minutes or just until pork is tender, stirring occasionally.
5. Spoon cassoulet into individual soup bowls. Sprinkle each serving with parsley and bread crumbs.

Nutrition Facts: Serving Size – 1/4 recipe, 340 Calories, 11g Fat, 29% calories from fat, 2g Saturated Fat, 40mg Cholesterol, 610mg Sodium, 37g Carbohydrates, 26g Protein.



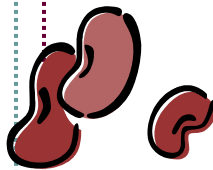
Mexican Skillet Rice

Makes 6 servings

- 1 pound lean ground beef or turkey
- 1 medium onion, chopped
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 3 cups cooked brown rice
- 1 (16-ounce) can pinto beans, drained
- 2 4-ounce cans diced green chiles
- 1 medium fresh tomato, seeded and chopped (optional)
- Fresh cilantro for garnish (optional)

Directions:

1. In large skillet over medium-high heat, cook meat until brown, stirring to crumble; drain and rinse with hot water. Return meat to skillet.
2. Add onion, chili powder, cumin and salt; cook until onion is tender.
3. Stir in rice, beans and chiles; thoroughly heat.
4. Top with tomato and garnish with cilantro if desired. Serve immediately.



Nutrition Facts: Serving Size – 1/6 recipe, 313 Calories, 9g Total Fat, 26% calories from fat, 29mg Cholesterol, 340mg Sodium, 43g Carbohydrate, 6g Dietary Fiber, 17g Protein.

Recipe courtesy of the USA Rice Federation as published in Food Reflections newsletter by Alice Henneman and University of Nebraska-Extension at <http://lancaster.unl.edu>.

Recipe courtesy of National Pork Board as published in Food Reflections newsletter by Alice Henneman and University of Nebraska-Extension at <http://lancaster.unl.edu>.

New York Energy Smartsm Tips to help you save money this winter:

- Install a programmable thermostat. Set it to 65 degrees at night and 55 degrees when you are away from home. Save 20% on your heating bill by lowering your thermostat 10 degrees for 2 - 8 hour periods during the day.
- National Fuel Gas customers get a \$25 cash rebate from National Fuel Gas when you buy an Energy Star rated programmable thermostat. See www.nationalfuelgas.com, Fuel for Thought, for details.
- Make use of the sun. Open shades and drapes during the day to let the sun help to warm your home.
- Remove window air conditioner units.
- Lower your hot water temperature to 120 degrees and if you have an older water heater, consider wrapping it in an insulating hot water blanket, available at home improvement stores.
- Change your furnace filters once a month.

Butternut Squash with Black Beans

Makes 6 servings

- 1 small butternut squash
- 1 small chopped onion
- 1 teaspoon vegetable oil
- 1/4 teaspoon garlic powder
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 cans (15 ounces each) rinsed and drained black beans
- 1/2 teaspoon oregano

Directions:

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife.
3. Cut the squash in half. Remove and throw away the seeds. Cut the squash into 1/2 inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
6. Cook for 5 minutes on medium heat.
7. Add vinegar and water. Cook on low heat till the squash is tender, about 10 minutes.
8. Add the beans and oregano. Cook until the beans are heated through.

Nutrition Facts: Serving Size – 1/6 recipe, 120 Calories, 10 Calories from Fat, 1g Total Fat, 8% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 240mg Sodium, 28g Total Carbohydrate, 8g Dietary Fiber, 3g Sugars, 6g Protein, 170% Vitamin A, 8% Calcium, 35% Vitamin C, 15% Iron.

Adapted from: *Pennsylvania Nutrition Education Network Website Recipes*



Italian Bean Soup

Makes 18 servings

- 1 can (15 ounce) great northern beans
- 1 can (15 ounce) red kidney beans
- 2 cans (15 ounce) pinto beans
- 1 can (46 ounce) tomato juice or V-8 juice
- 1 can (15 ounce) Italian style or stewed tomatoes
- 1 can (15 ounce) vegetable-broth, low-sodium
- 1 can (15 ounce) drained green beans
- 1 1/2 Tablespoons Italian seasoning
- 1 medium chopped onion
- 1/4 teaspoon black pepper
- 2 fresh garlic cloves

Directions:

1. In a large pot, combine all ingredients.
2. Cover and simmer for 30 minutes.



Nutrition Facts: Serving Size – 1/18 recipe, 110 Calories, 5 Calories from Fat, 0.5g Total Fat, 4.5% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 440mg Sodium, 20g Total Carbohydrate, 6g Dietary Fiber, 6g Sugars, 7g Protein, 10% Vitamin A, 6% Calcium, 30% Vitamin C, 10% Iron

Adapted from: *Choices: Steps Toward Health University of Massachusetts Extension Nutrition Education Program*



Holiday Recipes That Use Raw Eggs

Many of us have old family holiday recipes that call for using raw eggs. Cream pies and eggnog are a few recipes that quickly come to mind. Even Grade A eggs without cracked or damaged shells can contain Salmonella bacteria. That's why it is important to cook all recipes that contain eggs. Many recipes that don't instruct you to cook the eggs can be used as long as you slowly cook the egg mixture to a temperature of 160 degrees.

Love Raw Cookie Dough?

Think again about licking the cookie dough spoon! Many cookie recipes contain eggs. Until the cookies are baked, the dough is not safe to eat because it contains raw eggs. Eating raw eggs can lead to food borne illness caused by Salmonella bacteria. Stay safe and wait those few minutes for the baked cookies to come out of the oven!

Distributed by:

Eat Smart New York

Cornell Cooperative Extension
Wyoming County

401 North Main Street
Warsaw, NY 14569

(585) 786-2251

counties.cce.cornell.edu/wyoming

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Enjoy The Outdoors And Bird Watch This December!



Bird watching is a popular hobby all over the world. To encourage birds to come to your backyard, have your children make bird seed feeders. These feeders can be hung in your yard or given as gifts this holiday season. Borrow a bird watching book from the local library to help you identify what birds visit your feeders.

Pinecone feeders (for younger children)

Have children collect pinecones during a walk through the neighborhood or a park. Once at home, children can spread peanut butter on the pinecone, then roll the pinecone in inexpensive bird seed. Use yarn or string to make a hanger for the pinecone and hang in a tree or tall bush.



Popcorn feeders (for older children)

Pop plain popcorn in an air popper. Use a sharp needle and strong thread to thread the popcorn to make a popcorn garland. Make the garland as short or long as you'd like. Drape the popcorn garland in a tree or over tall bushes.



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This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.