

## More Beans, Please!

*From the desk of Nicole Royer, Dietetic Intern*

### July is National Baked Bean Month!

Baked beans are a favorite at most Fourth of July picnics and get-togethers. Baked beans can be made with any type of beans. There are all different types of beans. Many types of beans can be used in salads, soups, stews, casseroles, and chili, or as a side dish.

**Black Beans** are low in fat, cholesterol-free, and provide 30% of the daily recommended amount of fiber in ½ cup serving. Black beans are a good source of iron with 10% daily value. Black beans are great served with beef, chicken, and rice.

**Black-Eyed Peas** are low in fat, cholesterol-free and provide more than 20% of the daily recommended amount of fiber in ½ cup serving. They provide 10% daily value of iron. Cooked black-eyed peas are great served cold in salads.

**Garbanzo Beans** can also be made into hummus which can be served as a tasty dip for vegetables and whole wheat pita bread or as a sandwich spread. Garbanzo beans are low in fat, cholesterol-free, and are a good source of protein and fiber.

**Great Northern Beans** are low in fat, cholesterol free and provide more than 20% of the daily recommended amount of fiber in. Great Northern Beans are a good source of iron and provide 11% daily value in a ½ cup serving. Great Northern Beans are great for baked beans, soups, chili, and casseroles.

**Kidney Beans** are fat-free, cholesterol-free, and sodium-free. They are a good source of protein and fiber in the diet. They provide 10% daily value of iron in ½ cup serving. Make sure to store dry beans in a cool and dry place off the floor.

**Pinto Beans** are great in stuffing, tacos, burritos, or breads; with rice or pasta; and with or without meat. A ½ cup of pinto beans are a healthy choice. They are free of fat, cholesterol and sodium and provide 32% of daily recommended amount of fiber and 10% of iron for ½ cup serving.

### Southern Rice and Beans

#### Directions

1. In a large saucepan, cook onion and green pepper in oil for 5 minutes over medium heat.
2. Add rice and stir until browned, about 5 minutes.
3. Add water, tomatoes, corn, and salsa. Bring to a boil.
4. Cover and reduce heat to low. Cook for 20 minutes.
5. Stir in beans and heat for 5 minutes.

#### MAKES 6 SERVINGS

#### Ingredients

- 1 cup light red kidney beans, cooked
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 cup rice, uncooked
- 2 cups water
- 1 ¾ cup fresh tomatoes, chopped
- 1 can (about 15 ounces) corn, drained
- ½ jar (about 8 ounces) salsa

#### Nutrition Information for 1 serving

**Calories 256**  
**Calories from Fat 30**  
**Total Fat 3.4 g**  
**Saturated Fat 0.5 g**  
**Cholesterol 0 mg**  
**Sodium 473 mg**  
**Total Carbohydrate 51 g**  
**Dietary Fiber 6.5 g**

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Thank you!

*Phil Marcin*

Development Director

**Questions?** If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email [lharvey@mobilemealsinc.org](mailto:lharvey@mobilemealsinc.org).

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