

Fiber Focus Month

From the desk of Michelle Kelly RDN, LD

Where do you find fiber?

- Whole-grain foods such as breads, pasta, popcorn, rice, and cereals (hot and cold)
- Beans, peas, and lentils
- Nuts and seeds
- Fruits & Vegetables

Basic Ham and Bean Soup

Ingredients

1 pound dry great Northern beans
8 cups water
½ teaspoon salt
1 ham hock
1 cup chopped carrots
½ stalk celery, chopped

1 cup chopped onion
1 teaspoon minced garlic
1 teaspoon mustard powder
2 bay leaves
2 cups chopped ham
½ teaspoon ground white pepper

Instructions

- 1 Rinse the beans, sorting out any broken or discolored ones. In a large pot over high heat, bring the water to a boil. Add the salt and the beans and remove from heat. Let beans sit in the hot water for at least 60 minutes.
- 2 After the 60 minutes of soaking, return the pot to high heat and place the ham bone, carrots, celery, onion, garlic, mustard, and bay leaves in the pot. Stir well, bring to a boil, reduce heat to low and simmer for 60 more minutes.
- 3 Remove ham bone and discard. Stir in the chopped ham and simmer for 30 more minutes. Season with ground white pepper to taste.

Nutrition facts per serving: Calories: 257, Fat: 8 g, Saturated Fat: 2.7 g, Sodium: 771 mg, Carbohydrate: 29 g, Fiber: 9 g, Protein: 18 g **Makes:** 9 servings **serving size:** about 1 cup.

References:

<http://food.unl.edu/january-food-calendar>

<https://foodandhealth.com/handout-archive/?selected=.ftpquota>

<http://allrecipes.com/recipe/17628/basic-ham-and-bean-soup/>

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Thank you!

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.

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