



Enjoy More Dry Beans

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We know dry beans are good for us, but many people don't realize how delicious they taste! Beans are an inexpensive MyPlate protein option that can boost the flavor of family meals. Examples of dry beans include kidney, black, pinto and garbanzo. Dry beans are available both in the dry form in sealed bags and precooked in cans. If you are looking for quick, canned beans should be at the top of your list.



For more information check out
Food Fun for Young Children at:

<http://go.unl.edu/chi>

Want a quick meal but don't have a lot of time? This tasty quesadilla is flavorful without overwhelming the taste buds.

Easy Black Bean and Cheese Quesadillas

- 1 Tablespoon oil
- ½ small onion, diced
- 1 cup black beans, undrained
- ¼ tsp seasoned salt
- ½ cup Monterey Jack Cheese, shredded
- 4 (8-inch) whole wheat tortillas



1. Heat heavy skillet over medium heat. Add oil and sauté onion and seasoning salt until onion is tender.
2. Add beans and heat through, about 2-3 minutes. Transfer mixture to clean bowl.
3. To make quesadilla, spray non-stick spray in a heavy skillet. Add one tortilla. Spread with ½ cup bean mixture then ¼ cup cheese.
4. Top with second tortilla. When cheese is melted and bottom of tortilla is golden, flip to other side. Brown for 1 to 2 minutes. Remove to cutting board or plate. Cut into wedges and serve.

Recipe makes four servings. Each serving contains 268 calories, 12 g fat, 30 g carbohydrate, 9 g fiber and 525 mg sodium.

Sources:

1. Build a Healthy Plate with Dry Beans and Peas. United States Department of Agriculture: <http://www.fns.usda.gov/sites/default/files/drybeans.pdf>
2. Serve More Dry Beans and Peas: United States Department of Agriculture: http://permanent.access.gpo.gov/gpo55572/jtf_beans.pdf

Here are a few ideas for adding more beans to family meals:

- Add beans and peas to your children's favorite pasta dishes, tacos, casseroles, stews, and side dishes.
- Make "Mexican Pizza" by topping whole-wheat pita bread with refried beans, tomato salsa, spinach, and shredded low-fat cheese.
- Make food fun. Add kidney and pinto beans in chili and serve it in a baked sweet potato "chili boat."
- Let children mash beans in a plastic baggie, and then make a "Smashed Bean Burrito" (using a whole-grain tortilla, spinach, and their favorite veggies).
- Bean dip or hummus – Purée garbanzo beans and serve with veggie sticks.