

Michigan Harvest of the Month



Michigan Nutrition Network at™

Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is

dry beans



PINTO

BLACK

GARBANZO

Health and Learning Success Go Hand-in-Hand

Eating a variety of foods from each food group can give your child the nutrition needed to be healthy. Being healthy can help your child succeed in the classroom. According to *MyPlate*, dry beans are a part of two food groups. They are part of the protein group because they are a good way to get protein. They are also part of the vegetables group because they have lots of vitamins and fiber. Mix cooked dry beans into your family's diet for variety and a healthy dose of nutrition. *Michigan Harvest of the Month™* can show you how to eat healthier and be active.

Produce Tips

- Look for these varieties of dry beans: garbanzo (chickpeas), blackeye peas (cowpeas), lentils, navy, lima, pinto, kidney, and black beans.
- Choose loose, dry beans that have similar size and color.
- Pick low sodium frozen or canned beans.
- Store dry beans in an airtight container in a cool, dry, and dark place.
- Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, and quesadillas.

Healthy Serving Ideas

- Dry beans are usually cooked by boiling. You can also use canned and frozen beans.
- Add lima or kidney beans to salads.
 - Mix lentils into your favorite casseroles instead of meat.
 - Add navy beans to soups for protein.
 - Sprinkle black beans on top of pizza for added flavor and fiber.
 - Make a tasty dip or hummus using your favorite beans.

CHICKPEA DIP WITH FRESH VEGETABLES

Makes 4 servings.
2 tablespoons per serving.
Cook time: 15 minutes

Ingredients:

- 1 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed
- 3 cloves garlic
- ¼ cup plain lowfat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ⅛ teaspoon paprika
- ¼ teaspoon ground black pepper
- 1 medium carrot, cut into sticks
- 2 medium celery stalks, cut into sticks
- ½ cup snap peas

1. Place the first eight ingredients into a blender container and blend until smooth.
2. Serve immediately using carrots, celery, and snap peas for dipping.

Nutrition information per serving:
Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 336 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*



Let's Get Physical!

- **At home:** Run in place with your kids during TV commercials.
- **At work:** Choose the parking spot that is the farthest away from the door. Every extra step counts!
- **At school:** Encourage your child to jump rope and hula hoop during recess.
- **With the family:** Stretch before bedtime. It may help all of you relax and sleep better.

For more ideas, visit:
www.bam.gov

Nutrition Facts

Serving Size: ½ cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	25%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

How Much Do I Need?

- A ½ cup of dry beans is about one cupped handful. This makes about 1½ cups of cooked beans.
- A ½ cup of most cooked beans is an excellent source of fiber and folate.
- Dry beans are also a good source of plant protein, iron, and potassium.
- Protein is the part of the food that we eat that makes the bones, muscles, hair, and skin in our bodies.

The amount of fruits and vegetables you need each day depends on your age, gender, and physical activity level. The chart below will help you find out how much you need. Set a good example by letting your family see you eat a variety of fruits and vegetables.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

What's in Season?

Dry beans are in season all year long and can be found in many colors, sizes, and varieties. They can also be found canned and frozen.

Try these other good or excellent sources of plant protein: nuts, peanut butter, peas, sunflower seeds, and soybeans (as edamame or tofu).