

## Vegetable of the Month: **Dried Beans**



Black-eyed



Lima



Kidney

Popular dried beans are black beans, Chick peas (garbanzo), kidney beans, pink beans, Lima (butterbean), fava, soybean (edamame), pinto, great northern



A ½ cup of most cooked beans – blackeye peas, garbanzo, kidney, and lima – is an excellent source of fiber and folate and is also a good source of potassium, & magnesium. Their high protein content make dried beans an excellent staple for most vegetarians.

### Shopper's Tips

- Dry beans should look even in color, shape, and size. Do not buy beans that
- look wrinkled or odd shaped. Look for dry beans in the bulk foods section.
- When picking frozen or canned beans, choose low-sodium varieties.
- Store dry beans in an airtight container in a cool, dry, and dark place.
- Look for these varieties of dry beans: garbanzo (chickpeas), blackeye peas(cowpeas), lentils, navy, lima, pinto, kidney, and black beans.

### Some Cooking Tips

- Most dry beans may be soaked in cold water 8-12 hours to help them cook faster, although some cooks feel the nutrient and flavor loss is not worth the time saved.
- If you do soak bean, pour off the soaking water, add fresh water or stock, and simmer slowly for up to 3 hours with desired seasonings.
- Avoid rapid boiling of beans, which causes the skins to deteriorate and the beans to split.
- Dried beans have a shelf life of years but don't keep them that long. Store at room temperature in a closed container.



### **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
- ¼ teaspoon paprika
- ¼ teaspoon ground black pepper
- 1 medium carrot, sliced
- 2 medium celery stalks, sliced
- ½ cup snap peas



GARBANZO BEAN (CHICKPEA)

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.