

January 2016

The Incredible Edible Bean



VEGETABLE of the MONTH

Cooking for Kids

Yummy Black Beans

Serves 4

Prep: 15 minutes

Ingredients:

- 2 Tbsp. extra virgin olive oil
- 1 garlic clove, finely chopped
- 1 15oz. can black beans
- 1 Tbsp. fresh chopped cilantro

Directions:

1. Heat olive oil in a small pot over medium heat.
2. Add garlic and cook stirring for 1 minute.
3. Add can of beans (with liquid). Add 1 Tbsp. of cilantro.
4. Once beans begin to boil, turn heat to low and let simmer 15 minutes.

Make it a meal:

These yummy black beans make a perfect side dish. You could also add them to your favorite tortilla with some cheese, salsa or guacamole for a taco or burrito at home!

Recipe adapted from 'It's All Good' by Gwyneth Paltrow & Julia Turshen.

Books to Read!

Grades K-2

One Bean By Anne Rockwell

Grades 2-5

Yum! MmMm! Que Rico! By Pat Mora

Spill the Beans and Pass the Peanuts by Meredith Sayles Hughes

Just the Facts

<p>The bean seed is planted in the spring and harvested in the fall.</p>	<p>Beans are a good source of fiber. Fiber keeps you full for longer.</p>
<p>Beans are high in protein. Protein helps us grow & build muscle.</p>	<p>The most common bean varieties in the U.S. are Pinto, Navy, Great Northern, Red Kidney and Black Beans.</p>

Did You Know?

- This month on the school menu you can enjoy BEANS in the following homemade dishes:
 - Hummus
 - Black Bean & Corn Salsa
 - Baked Beans
 - Double Bean Chili
 - Cabbage Patch Soup
- Beans are inexpensive, making them an affordable protein option for families. Often, beans are priced at 25 cents per cup.
- Beans are available to buy in bulk, bagged, canned, or frozen.
- The recommended serving size of beans is ½ cup; that looks like half of a baseball.

For more information, see:

- <http://www.eatright.org/Public/content.aspx?id=6442477978>



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Created by: The EPS Food & Nutrition Department

Activity: Beans

Color and Count the Rainbow of Beans!

All of the varieties of beans differ in size, shape and color. Use natural bean colors to fill in this bean rainbow!

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|----------------------|-------------------------------|
| 1. Kidney bean: Red | 5. Garbanzo bean: Tan |
| 2. Navy bean: Cream | 6. Cannellini bean: Off-white |
| 3. Pinto bean: Brown | 7. Black bean: Black |
| 4. Soybean: Green | 8. Lima Bean: Light Green |

Color the beans to match the variety above then count the beans.

