

# 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

January

# The Incredible Edible Bean



## Just the Facts

The bean seed is planted in the spring and harvested in the fall.

Beans are a good source of fiber. Fiber keeps you full for longer.

Beans are high in protein. Protein helps us grow & build muscle.

The most common bean varieties in the U.S. are Pinto, Navy, Great Northern, Red Kidney and Black Beans.

## Did You Know?

- This month on the school menu you can enjoy BEANS in the following homemade dishes:
  - Hummus
  - Baked Beans
  - Black Bean & Corn Salsa
  - 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>



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!

- |                      |                               |
|----------------------|-------------------------------|
| 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.

