

How to Prepare Brown Rice

Serve with curries or stir-fries, or use in salads. Brown rice is a whole grain and is high in fiber, protein, vitamins and minerals.

- 1 cup brown rice
- 2 cups water
- Pinch of salt (optional)

Combine brown rice and liquid in a sturdy pot with a tight-fitting lid. Add salt, if using. Bring to a boil. Reduce heat to low; cover with lid. Simmer 45 minutes. Turn off heat. Let sit 5 minutes before serving. **Makes 2 cups.**

Recipe adapted from Whole Foods Market.



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How to Prepare Dried Beans

- **Sort and Rinse.** Spread beans out on a clean kitchen towel or rimmed baking sheet, so you can see what's what. Remove any shriveled beans and pebbles. Rinse beans in a colander under cold running water.
- **Soak.** In a large bowl, cover beans with 2 inches of water and soak for 4-12 hours.
- **Cook.** Drain and rinse beans after soaking. In a large saucepan or pot, cover beans with fresh water by about 1 inch (about 3-4 cups of water for every 1 cup of beans). Partially cover pot, bring beans to gentle boil. Lower heat and simmer until beans are tender (about 1 ½ -2 hours, depending on the bean). Add more liquid to the pot, as needed.
- **Store.** Once beans are cooked, drained and cooled, portion into food storage bags or containers. Beans can be stored in the freezer for 9-12 months. Use as you would use cooked or canned beans.

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Black Bean Breakfast Burrito

Yield: 6 burritos

- 3 medium sweet potatoes
- 6 whole wheat tortillas
- 1-15oz can black beans, rinsed and drained
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- 8 eggs
- Toppings such as an avocado, shredded cheese, and salsa

Wash the potato. Carefully poke small holes in it using a fork. Wrap the potato with a damp paper towel, place on a plate, and microwave for 6 minutes, flipping the potato half way through cooking. Remove the potato skins and place in a bowl. Mash with a fork. In a separate bowl, add black beans and spices. In a separate bowl, beat eggs together. Scramble eggs in a nonstick skillet over medium-low heat. To assemble burritos, spread mashed sweet potato on each tortilla and evenly distribute beans, eggs, and toppings.

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Black Bean Wraps

Yield: 4 servings

- 2 cups cooked black beans
- ½ cup low fat shredded cheese
- 1/3 cup salsa
- ½ cup cooked brown rice
- 1 ½ cup shredded lettuce
- 4 flour tortillas

In a medium bowl, combine black beans, cheese, salsa, and rice. Top each tortilla with ¾ cup of the black bean mixture and added some lettuce. Roll up tortillas and slice in half to serve.



Adapted from Just Say Yes to Fruits & Vegetables

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Chickpea Salad

Yields: 6 servings

- 1 ½ cups plain **low-fat yogurt**
- 1 minced garlic clove (or 1/8 teaspoon garlic powder)
- 1 teaspoon sugar
- 1 teaspoon cumin
- ½ teaspoon chili powder
- 1 ¾ cups cooked **chickpeas** (or one 16-oz can, drained and rinsed)
- 1 finely chopped **bell pepper**
- 1 cup of **peas**
- Salt and pepper to taste

In a medium bowl, mix yogurt, garlic, sugar, cumin, and chili powder. Add chickpeas, bell pepper, and peas. Stir. Add salt and pepper to taste. Cover and refrigerate for 1 hour. Serve and enjoy!

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Easy Black Beans and Rice



- 1 tablespoon vegetable oil
- 1 **onion**, chopped
- 1 **bell pepper**, chopped
- 5 cloves garlic, minced (or ½ teaspoon garlic powder)
- ½ teaspoon chili powder
- 1 (15-ounce) can **diced tomatoes** with their liquid
- 2 (15-ounce) cans **black beans**, drained
- Salt and pepper, to taste
- **Brown rice**, cooked

Heat oil in a large skillet over medium heat. Add onion; cook 5 minutes. Add bell pepper, garlic and chili powder and cook another 2 minutes. Reduce heat to low, add diced tomatoes in liquid. Simmer 15 minutes. Add beans; simmer 5 minutes to heat through. Add salt and pepper to taste. Serve over brown rice.

Makes 4 cups.

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Kidney Bean Chili

- 1 tablespoon vegetable oil
- 1 cup chopped onion (or 1 tablespoon onion powder)
- $\frac{3}{4}$ cup chopped **carrots**
- 3 cloves of garlic (or $\frac{1}{2}$ teaspoon garlic powder)
- 2 cups chopped **bell pepper**
- $\frac{3}{4}$ cup of chopped **celery**
- 1 tablespoon of chili powder
- 1 (28-ounce) can of **whole peeled tomatoes** with liquid
- 1 (19-ounce) can of **kidney beans** with liquid
- 1 (11-ounce) can of **whole kernel corn**, undrained
- 1 tablespoon ground cumin
- 1 $\frac{1}{2}$ teaspoons dried oregano
- 1 $\frac{1}{2}$ teaspoons dried basil

8. Heat oil in a large saucepan over medium heat.
9. Stir fry onions, carrots, and garlic until tender (if using spice powder, just stir-fry carrots).
10. Stir in green pepper, red pepper, celery, chili powder (and onion and/or garlic powder if using). Cook until vegetables are tender, about 6 minutes.
11. Stir in tomatoes, kidney beans, and corn; add dried cumin, oregano, and basil.
12. Bring to a boil, and reduce heat to medium.
13. Cover, and simmer for 20 minutes, stirring occasionally.
14. Taste, and adjust for seasonings. Enjoy!

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Overnight Oats

- ½ cup whole-rolled oats (NOT steel-cut)
- 1 cup milk
- ½ small banana, chopped or mashed
- 2 tablespoons raisins or chopped dried fruit
- 1 tablespoon walnuts or chopped nuts
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract (optional)
- 1 teaspoon honey (optional)

Combine all ingredients in jar and mix well. Refrigerate overnight. Enjoy for breakfast the next morning! **Makes 1 cup.**



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Pinto Bean Stew

Yields: 6 servings

- 1 ½ cups chopped onion
- 1 chopped bell pepper
- 2 chopped carrots
- 2 minced garlic cloves (or ¼ teaspoon garlic powder)
- 1 tablespoon chili powder
- 1 can (6 ounces) tomato paste
- 1 can (14.5 ounces) low sodium chicken broth
- 2 cups cooked pinto beans
- Salt and Pepper to taste

Add ½ cup water to a medium pot. Cook the onion, green pepper, carrots, and garlic in the water for 5 minutes over medium heat. Stir in chili powder, tomato paste, chicken broth, and pinto beans. Cook for 20 minutes. Add a little water if the beans start to stick to the bottom of the pot. Serve over hot cooked rice.

Adapted from Just Say Yes to Fruits & Vegetables



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Tuna and White Bean Salad

Yield: 4 servings

- 2 cups cooked **white beans** (cannellini, chickpea, great northern or navy beans)
- 1 chopped **onion**
- 2 chopped **tomatoes**
- 1 can (6.5 ounces) **tuna**, packed in water or oil, drained
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice (from ½ a **fresh lemon** if available)
- 1 minced garlic clove or pinch of garlic powder (optional)
- Salt and pepper to taste

Make the salad: In a large bowl mix drained beans, onion, tomato, and tuna.
Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt, and pepper.
Mix well. Pour the dressing over the salad and serve cold.

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Warm and Cozy Oatmeal

- 1 cup whole-rolled oats
- 2 cups milk
- 1 small banana, sliced or smashed
- ¼ cup raisins or dried fruit
- ¼ cup walnut pieces (optional)
- ½ teaspoon cinnamon

Combine all ingredients in a small pot over medium heat. Bring to a boil. Reduce heat and simmer for 5-10 minutes until oats are soft and tender. Drizzle with honey if desired. **Makes 2 Cups** (or 4 servings).



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