



Enjoy Nebraska Foods!

Alice Henneman, RD, Extension Educator

Ready to start singing about beans? Here is a recipe to get you started.

One-Dish Rosemary Chicken and White Beans

(Makes 4 servings)

2 teaspoons olive oil
1½ teaspoons dried rosemary
¼ teaspoon salt
¼ teaspoon black pepper
8 skinless and boneless

chicken thighs (about 1 pound)
1 (14.5-ounce) can stewed tomatoes, undrained
1 (15-ounce) can navy beans, rinsed and drained
¼ cup pitted kalamata olives, chopped



Heat olive oil in a large skillet over medium-high heat. Combine rosemary, salt and pepper; sprinkle over one side of chicken. Place chicken in pan with seasoned side down, cook 3 minutes. Reduce heat to medium and turn chicken. Add tomatoes and beans, cover and simmer 10 minutes or until chicken is done. Stir in olives.

Nutrition Facts. Serving Size: 2 thighs and ¼ cup bean mixture. Amount per serving: calories, 316; calories from fat, 23; total fat, 8.1 g; cholesterol, 94 mg; sodium, 978 mg; total carbohydrate, 30.2 g; dietary Fiber, 6.8 g; sugars, not applicable; protein, 31.2 g

SOURCE: Courtesy of the Idaho Bean Commission, P.O. Box 2556, Boise, ID 83701. For more information about cooking with beans, visit www.state.id.us/bean

ALICE'S TIPS:

- ☞ To lower the sodium, use a no-salt-added bean and omit the ¼ teaspoon of salt.
- ☞ Sprinkle the seasonings on the side of the chicken thighs that will be the "presentation" side when this dish is served. NOTE: The seasoned side will first be placed down in the pan, then turned and become the presentation side after it is browned.
- ☞ Olives combine well with white beans and only add about 10 calories per olive!
- ☞ You can use an instant-read thermometer to test if the chicken is done. The recommended temperature for chicken thighs is 170 F.

Singing the Praises of Beans

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It's time to sing the praises of dry beans and NOT the song about, "Beans, beans, the musical fruit!" (More on that later ...)

Here are some high notes a song about beans would include:

Taste

Cooked dry beans are a dietary staple in many parts of the world, and not just because of their low cost. They are featured in the traditional French cassoulet, a casserole of white beans, meats, vegetables and herbs. Louis Armstrong is said to have so loved red beans and rice he ended some of his personal letters with "Red beans and ricely yours."

Convenience

What could be more convenient than a can of cooked dry beans just waiting to be transformed into a dip, main dish, sandwich, soup, salad or satisfying side dish! No refrigeration, peeling or depending on the recipe additional cooking needed. "Canned beans may be stored up to 12 months in their original sealed cans,"

according to the American Dry Bean Board.

Low-Cost Protein

A drained and rinsed 15- to 16-ounce can of cooked dried beans provides about three one-half cup servings or enough beans for two main dishes; the cost ranges from \$1 to \$1.50 per can. Beans are frequently recommended as a nutrient-dense source of low-cost protein.

Weight Management

Beans have their place in weight management. Beans have a lower glycemic index which means they will have less impact on blood sugar levels. They also are high in fiber, which provides a sense of satiety or fullness that helps reduce food cravings.

Depending on variety, a half cup of cooked dry beans averages about 120 calories. This caloric level is only SIX PERCENT of the TOTAL calories for a 2,000 calorie meal plan.

Heart Health

Beans provide heart-healthy amounts of folate, an essential nutrient that helps protect against heart disease.

Fiber, especially soluble fiber, may reduce our risk for heart disease by helping lower cholesterol. A half-cup of cooked dry beans provides about 6 grams of fiber, of which

2 grams is soluble fiber. The recommended daily intake of total fiber is 14 grams per 1,000 calories or 28 grams for a 2,000 calorie meal plan.

Beans contain NO cholesterol, are virtually fat free, and unless sodium is added during canning or cooking, are low in sodium.

Lower Risk of Cancer

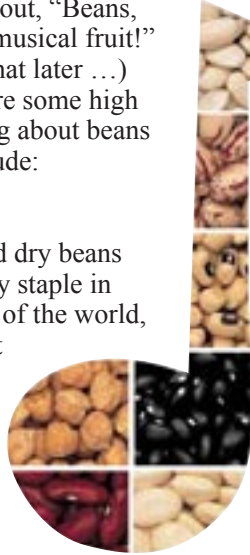
The folate, fiber and low glycemic index of beans also may help lower the risk of cancer.

Diabetes Management

Beans' fiber and low glycemic index can help persons with diabetes maintain normal blood glucose levels and a healthy body weight, both important in the control of diabetes.

Healthy Pregnancies

Folate in beans is especially beneficial to women of child-bearing age. Folate may help reduce the risk of birth defects like spina bifida (a potentially crippling defect) and anencephaly (a fatal defect where a part of the brain never develops). Since a woman may not realize she is pregnant during the early weeks of pregnancy, all women of child-bearing age are advised to get 400 micrograms (mcg) of folate daily. (NOTE: the term "folic acid" refers to the synthetic form of folate found in supplements and added to fortified foods.)



Bean Q&A

Here are answers to some commonly asked questions about beans.

What amount of beans should we eat to gain their health benefits?

The 2005 Dietary Guidelines for Americans recommend a weekly consumption of three cups of legumes within a 2,000 calorie diet. Dry beans are one of the most common types of legumes. Their kidney or oval shape distinguishes them from other legume such as peas, which are round, and lentils, which are flat and disk-like. Dry beans are available both in the dry form in sealed bags and precooked in cans.

The U.S. Department of Agriculture Food Guide includes dry beans both with high-protein foods such as lean meat, poultry, fish, eggs, nuts and with the vegetable group. The same three cups of legumes can't be counted toward BOTH groups at the same time.

The Dietary Guidelines define the following as "serving sizes" for cooked dry beans for a 2,000 calorie diet:

Meat, poultry, fish, dry beans, eggs and nuts group: 5.5 ounce-equivalents (based on the amount of protein found in one-ounce of lean meat, poultry and fish) are

recommended daily from this group. One-fourth-cup cooked dry beans counts as one 1-ounce-equivalent.

Vegetable group: 2.5 2-cup vegetables are recommended daily.

How do canned beans compare to dry-packaged beans?

Canned beans are convenient since they don't have to be presoaked and cooked. They can be eaten straight from the can or heated in recipes. According to the American Dry Bean Board, one 15-ounce can of beans equals 1½ cups of cooked dry beans, drained. For most recipes, one form of beans can be substituted for the other.

Unless canned without salt, precooked canned beans generally are higher in sodium than dry-packaged beans. Always thoroughly drain and rinse canned beans in a colander or strainer under cold running water before using them in a recipe. This may help lower the amount of any added salt and may help remove some of their potential gas-producing properties.

Can one dry bean be substituted for another bean in recipes?

For the most part, any canned or dry-packaged bean

variety can be substituted for another, according to the American Dry Bean Board. All types of beans blend well with a variety of foods and spices as they absorb flavors from other ingredients. Cooking times may differ if substituting one type of dry-packaged bean for another.

What can you do if dry beans give you "gas"?

Some ways to minimize the gaseous or "musical fruit" effect include:

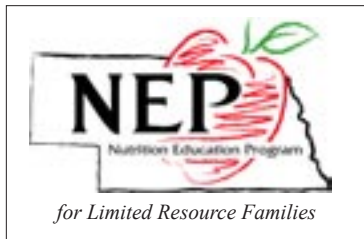
Discard the soaking water when preparing dry beans from scratch and rinse beans thoroughly before cooking them.

Gradually increase the amount and frequency of beans in your diet. This will give your body a chance to adjust to them.

Try Beano™, a non-prescription product available in the pharmacy section of many stores. It contains an enzyme that breaks down the gas-producing substances in beans.

As with adding all types of fiber to your diet, drink plenty of fluids and maintain regular physical activity. This helps your gastrointestinal system handle the increased fiber.

Tips for a Safe Kitchen



Kitchens are one of the busiest and most dangerous rooms in the house. Summer is a great time to teach children about safety in the kitchen.

Tips to keep you and your family safe in the kitchen:

- Keep stove tops clean. Grease and food can catch on fire. If a grease fire starts, use the pan's lid to smother the fire. Do not use water on grease fires.
- Store knives in a safe place away from children's reach.
- Cut food on a clean cutting board and when cutting foods, cut away from you or straight down from you. Wear closed-toed shoes to protect against a dropped knife.
- Keep the kitchen clean. Wipe up spilled beverages, grease or food immediately. This prevents falls and discourages insects and rodents that can carry disease.
- Wash hands before, during

and after cooking to prevent the spread of germs.

- Change dish cloths and dish towels daily.
- Dry your hands completely before operating an electrical appliance. Unplug the appliance when not in use.
- Use an oven mitt or hot pad when removing food items from the oven or microwave oven. Most burns occur on hands.
- Store household cleaners, disinfectants and insecticides in original containers away from food and children to prevent poisoning.
- Keep dish towels and curtains away from the stove to prevent them from catching on fire.
- Wear short sleeves or roll up long sleeves while cooking.
- Remove the lid from a pan, by lifting the lid away from you so the steam does not burn you.
- Turn pan handles away from the front of the stove, but not over another burner.
- Use a step stool or sturdy chair for reaching high shelves.

Source: Nebraska Nutrition Education Program.