



Healthy Cuisine for Kids HealthierUS School Challenge Cooks Training

Dried Beans and Peas

Beans and peas are the *mature* forms of legumes such as kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils.

What are Dietary Guideline Recommendations?

The *Dietary Guidelines* encourage Americans to consume more legumes. Legumes can be considered part of the protein/meat group or vegetable group because of their rich source of nutrients. A ½ cup serving of cooked legumes is equal to one serving from the vegetable group or 1 ounce of meat.

Beans provide a powerhouse of nutrients including

- ✓ Fiber (½ cup serving of cooked dry beans has 4 to 10 grams of fiber)
- ✓ Protein
- ✓ Iron, potassium, folate and zinc
- ✓ Naturally low in fat and sodium
- ✓ Have no saturated fat or cholesterol

How can I meet HealthierUS School Challenge?

- ✓ Serve as part of vegetable group.
- ✓ Offer dry beans or peas at least one time per week.
- ✓ Minimum serving size is ¼ cup.

*Note: Dry beans and peas are creditable in food-based menu planning as either a vegetable **or** a meat/meat alternate component, but not as both components in the same meal.*

Beans are an inexpensive food that can boost the nutritional content of school meals. Beans are versatile, too. Whether served as a vegetarian option, or served with meats, poultry, fish and cheese, beans complement the meal.

Beans that Meet the HealthierUS School Challenge Criteria

Black beans	Kidney beans	Red beans Soybeans, mature
Black-eyed peas, mature	Lentils Lima beans, mature	
Garbanzo beans (chickpeas)	Navy (Pea) beans Pink beans	
Great Northern beans	Pinto beans	Split peas



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Good To Know-- Dry refers to the bean being harvested dry, not to the purchase of the form of the bean. Many canned beans and peas are actually dry beans and peas that have been cooked and canned.

What is NOT considered Dry Beans or Peas?

Dry beans and peas can be difficult to categorize since it depends on the degree of maturity for classifying them as either dry bean or pea or as a starchy vegetable. If the beans are immature they should be classified as a starchy vegetable. Any fresh or frozen green bean or pea, green lima beans, soybeans, and green edamame are similar to other starchy vegetables and are grouped with them. These foods *do not meet* the criteria for HUSSC.

Purchasing for Healthy School Meals

Dry beans can be purchased in packages, loose or canned. Consider the following when purchasing

1. Bright, uniform color. Loss of color usually indicates long storage time.
2. Uniform size. Results in a more evenly cooked product.
3. Little or no defects. Cracked seed coats, pinholes and other foreign materials are signs of low quality product.
4. Store dried beans and peas in an airtight (covered) container in a cool, dry area.

Menu planning practices for Healthy School Meals

There are several ways to add beans to your menus. Plan menus using beans in main dishes, side dishes, salads, pasta, or as a dip or spread! Experiment by adding different beans to your favorite dishes.

1. Add canned or dry beans to casseroles, stew, and side dishes.
2. Try new soups; add white bean soup, minestrone, lentil or split pea to your winter menus with a soup and sandwich bar.
3. Spice up menus with interesting sides like cilantro black bean salad, pinto beans, red beans and rice, and hummus.
4. Add black bean, pinto beans and other varieties to enchiladas, burritos, and tacos.
5. Add vegetarian offerings to your menu by replacing meat with beans in chili and stews.
6. Cooked dry beans and peas can be offered in salad bars such as garbanzo beans, black-eyed peas, kidney beans and pinto beans.

Preparation Methods for Healthy School Meals

Preparing dry beans is easy but requires planning ahead of time.



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Soaking Dry Beans and Peas:

All dry beans need to be soaked before cooking to replace water lost in the drying process. Lentils and dry peas do not require soaking.

Quick Soak:

Add 6 to 8 cups of water to one pound of dry beans. Bring to a boil, cover and cook 2 minutes. Remove from heat and let stand with lid on for an hour or more. Drain beans and discard soak water. Rinse beans with fresh, cool water.

Overnight Soak: Add 6 to 8 cups of cold water to one pound of dry beans. Soak for 8 hours or overnight. Drain beans and discard soak water. Rinse beans with fresh, cool water. Beans soaked by this method retain their shape, have uniform texture and cook more quickly. (They may appear wrinkled after soaking but will return to their shape during cooking).

Cooking Dry Beans

1. Drain and rinse soaked beans. Place beans in large stockpot and cover with fresh water.
2. Bring beans to a boil. Reduce heat to low and simmer until tender. Simmering gently prevents skins from bursting. Stir occasionally.
3. Beans are done when they are fork tender. Most varieties of beans will take 30 minutes to 2 hours to cook, depending on the variety.
4. Onions, herbs and spices can be added anytime during the cooking process.

2 cups of dry beans = 4 to 5 cups of cooked beans.

Cooking Canned Dry Beans

1. Drain and rinse pre-cooked beans to reduce sodium content. Draining and rinsing can reduce sodium content by 40%.

Challenge Recipes for Dry Beans and Peas

Marinated Black Bean Salad

For a fun addition to your menu-- Add this recipe as a side vegetable for burritos or a Chipotle concept.

This excellent USDA recipe adds flavor and color to your menu.

For maximum flavor prepare the day before and refrigerate to let flavors blend together.

Hummus

Use mashed chick peas in this USDA recipe to make hummus.

Add with pita chips, fresh vegetables and fruit to make a complete meal.

Add to elementary or secondary schools as a vegetarian alternative.



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Lentils of the Southwest

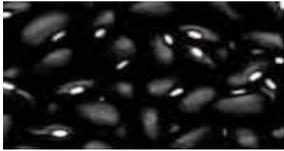
Lentils have so much potential for school food service menus. Packed with protein, vitamins and fiber, they are easy to cook and have great versatility. These lentils are flavored with ground red chili, cumin, garlic and a touch of tomatoes: "salsa flavors" that kids are sure to love. Serve 1/4 cup as a side dish alongside a quesadilla for the perfect Mexican cuisine at lunch. A half-cup of Lentils of the Southwest accompanied by brown rice makes a delicious main dish too.

Additional Handouts for this lesson:

Dry Bean and Peas Descriptors

Dietary Guidelines for Dry Beans and Peas

Dry Beans and Peas Descriptors

	<p>Black Beans are medium-size, oval-shaped beans with matte black skin. They are sweet tasting with a soft texture. Used in many Mexican recipes in soups and sides.</p>
	<p>Cranberry Beans are medium-size, oval-shaped beans with mottled tan and red skin. They are also called Roman beans. Cranberry beans are known for their creamy texture with a flavor similar to chestnuts. The red specks disappear when these beans are cooked. Used in Italian dishes and soups.</p>
	<p>Great Northern Beans are medium-size, oval-shaped beans with thin white skin. They have a mild, delicate flavor. Most often used in soups, stews and casseroles.</p>
	<p>Dark Red Kidney Beans are large, kidney-shaped beans with a deep, glossy red skin. They have a firm texture, and they hold up well in soups or other dishes that cook for a long time. Use in baked beans, soups, chili, refried beans and other Mexican dishes.</p>



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	<p>Light Red Kidney Beans are large, kidney-shaped beans with light red/pink glossy skin. They have a firm texture, and they hold up well in soups or other dishes that cook for a long time.</p> <p>Use in baked beans, soups, chili, refried beans and other Mexican dishes.</p>
	<p>Navy Beans are small, oval-shaped beans with white skin. They have a delicate flavor. Navy beans are used in pork and beans, baked beans and soups and stews.</p>
	<p>Pink Beans are small, oval-shaped beans with a pale, pink skin.</p>
	<p>Pinto Beans are medium-size, oval-shaped beans with mottled beige and brown skin. Pinto beans lose their mottled appearance when cooked. They are often used in refried bean recipes and are great in Mexican bean dishes.</p>
	<p>Small Red Beans are small, oval-shaped beans with red skin. They have a more delicate flavor and softer texture compared to kidney beans.</p>
	<p>Lentils are usually green or brown round, oval or heart-shaped disks and are oftentimes smaller than the tip of a pencil eraser. They may be sold whole or split into halves with the brown and green varieties being the best at retaining their shape after cooking. Lentils generally have a hearty dense somewhat nutty flavor. Lentils need no pre soaking and cook more quickly than other dried beans. They are great in soups, stews and sides.</p>
	<p>Garbanzo beans (chickpeas) are medium size, round bean, beige in color. They have a nut-like flavor and firm texture. They are most often used in soups, salads, and as hummus.</p>



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	<p>Lima Beans are a kidney shaped, flat, bean. Large lima beans have a smooth flavor and sweet taste. They are popular in salads or added to casseroles and soups.</p>
	<p>Black-eyed peas are oval shaped with black dot on creamy skin. They have a savory flavor and light smooth texture. They can be cooked without pre-soaking because they have thin skins. They are prepared in soups and casseroles.</p>
	<p>Split peas are dry peas cut in half. Usually they have a deep green color, but are also available in a yellow color, which has a more delicate flavor. Split peas can be added to soups, pureed as a side with herbs and spices or enjoyed as split pea soup.</p>
	<p>Soybeans that are mature are light tan or yellow color. Beans expand when cooked and can be seasoned with onion, garlic or bay leaf.</p>