

NEWS You Can Use

May 2014

NUTRITION EDUCATION WITH SENIORS



Dry beans are a good source of protein, which is important for muscle health. Maintaining muscle health will help you remain independent. Beans are an “incomplete” protein source. This means that they must be eaten with grains, cereals, nuts, peas, or seeds in order to provide all the building blocks (amino acids) of a ‘complete’ protein. Eating any of these foods throughout the day when you have dried beans helps make sure that you are getting all the amino acids you need.

Eating dried beans may cause bloating, cramping, and gas. Here are some tips to minimize these unpleasant side-effects caused by the “musical fruit”:

- **Start small.** Slowly increase the amount of beans and how often you eat them to allow your body time to adjust.
- **Rinse the beans.** After soaking dry beans, discard the water. Then thoroughly rinse the beans before and after cooking them.
- **Ask for help!** Talk to your local pharmacist about non-prescription products that aid in bean digestion. These products are typically taken before eating beans.
- **Exercise and drink fluids.** Drinking plenty of fluids and being physically active helps your intestines be able to handle the increase in fiber provided by beans.



We're Bonkers for Beans!

Dry great northern beans, have a mild, delicate taste and typically absorb flavors from other foods that they are cooked with.

Storage:

- ◆ Store packaged dry beans in a cool, dry place such as a kitchen cabinet or pantry.
- ◆ After opening the package, place beans in an airtight container or tightly-sealed plastic bag.
- ◆ Refrigerate cooked beans in an airtight container with a little bit of water for up to four days or freeze for up to six months.

Nutrition:

One-quarter cup cooked great northern beans:

- ◆ Contains approximately 52 calories and 3.5g of protein
- ◆ Provides 12% of the Daily Value for fiber (about 3g)
- ◆ Counts as a one ounce equivalent in the MyPlate protein group



Uses:

- ◆ Chili, hummus, three bean salad, soup, chowder, bean dip, and more!

DID YOU KNOW?

Great northern beans are traditionally used to make Boston baked beans.

Beans: Prepare ahead, save money!

Dried beans are cheaper and more sodium-friendly than canned beans. Here are tips about cooking a whole bag of dried beans at one time. This allows you to freeze them and use them at a later time.

Stove Top Cooking:

1. Spread out dried beans on a baking sheet and remove any small stones, odd-shaped beans, or other undesirable objects. Rinse.
2. *Short soak:* Cover each cup of beans with 3 cups of water. Boil beans for 2-3 minutes, remove from heat, and let sit (covered) for 1-4 hours. Rinse.
3. *Long soak:* Cover each cup of beans with 3 cups of water and bring to a boil. Reduce heat and let simmer until tender. For **dry great northern beans**, cook for approximately 2 hours.

Slow Cooker: Put 1 pound of dried beans (2 cups) and 8 cups water in slow cooker. Cook on low for 6-8 hours until beans are soft.

Storage: After making a large batch of beans, freeze in 1½ cup portions for later use.

Source: <http://www.extension.iastate.edu/foodsavings/recipes/preparing-dry-beans>

Hummus

Serves: 8

Serving size: 2 Tablespoons

Ingredients:

- 1 (15-ounce, reduced-sodium) can or 1½ cups cooked **dry great northern beans**
¼ teaspoon garlic powder
1½ Tablespoons lemon juice
1 teaspoon ground cumin
1 Tablespoon oil
1/8 teaspoon black pepper
½ cup plain non-fat yogurt



Instructions:

1. Use a blender or food processor. Combine the beans, garlic, lemon juice, cumin, oil, and pepper. Blend on low speed until the beans are mashed.
2. Stir in yogurt with spoon.
3. Refrigerate for several hours or overnight so the flavors blend well.
4. Serve with pita chips, crackers, or fresh veggies.

Nutritional analysis (2 Tbsp): 70 calories, 2.5g fat, 0g saturated, 0g trans, 105mg sodium, 10g carbohydrates, 2g fiber, 1g sugar, 3g protein

Adapted from: <http://www.extension.iastate.edu/foodsavings/recipes/after-school-hummus>

Helpful Resources

Polk County Congregate Meals
(515) 286-2062

Commodity and Supplemental Foods
(515) 286-3679

Nutrition, Food Preparation and Food Safety
ISU AnswerLine
1-800-262-3804

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