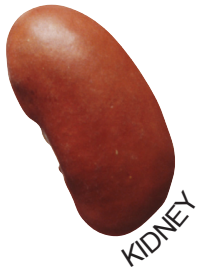


Harvest of the Month



BLACK EYE PEA



KIDNEY



LIMA



GARBANZO

DRY BEANS

Chunky Black Bean Dip

Source: Foodhero.org

Ingredients:

- 1 can (15 ounces) black beans, rinsed, drained
- 1/2 cup onion, diced
- 1 small bell pepper, diced
- 1 medium tomato, diced
- 1 clove garlic, minced, or 1/4 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 Tablespoon apple cider vinegar

Instructions:

1. **For a smooth dip**, place ingredients in a food processor or blender and process until smooth.
For a chunky dip, mash beans well with a fork or potato masher, stir in remaining ingredients. Add additional liquid as needed for desired consistency.
2. Add salt and pepper to taste. **Serve with fresh vegetables**
3. Refrigerate leftovers within 2 hours



Nutrition Facts	
Serving Size 2 tablespoons (33g)	
Servings Per Container 24	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Vitamin C 10%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500



***Receive an item to jump start your healthy lifestyle!**

Visit northcountryeatsmartny.org/mobile-lessons

*Must qualify for SNAP Benefits

NORTH COUNTRY REGION
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EAT YOUR BEANS



Nutrition Facts	
Serving Size: ½ cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	25%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

Reach Your Goals!

Use this chart to set goals and track how many cups of fruits and vegetables you eat and how active you are. Physical activity is a game, sport, exercise, or other action that involves moving your body, especially if it makes your heart beat faster. Check how you did at the end of the day and set a goal for tomorrow. (Hint: Make copies of the chart and track your progress for one week!)

Write in your choices	Vegetables	Fruits	Physical Activity
GOAL	Eat ____ cups	Eat ____ cups	Be active for ____ minutes
Breakfast:			Activities:
Lunch:			
Dinner:			
Snacks:			

1. How many cups of vegetables did you eat? _____ cups
2. How many cups of fruits did you eat? _____ cups
3. How many minutes were you active? _____ minutes
4. Did you meet your goals for today? _____

Reasons to Eat Beans

A ½ cup of most cooked beans has lots of fiber and folate. Eating beans is also a good way to get protein, iron, and potassium. Protein is the part of the food that we eat that makes the bones, muscles, hair, and skin in our bodies.

Plant Protein Champions:*

Beans (dried and cooked), nuts, peanut butter, peas, sunflower seeds, and soybeans (as edamame or tofu).

*Plant Protein Champions are a good or excellent source of protein.

How Much Do I Need?

A ½ cup of cooked beans is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Beans come in lots of shapes, sizes, and colors, like garbanzo (chickpeas), blackeye peas (cowpeas), kidney, lima, navy, black, and pinto beans. Remember to eat a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, and dried. And, reach your goal of at least 60 minutes of physical activity every day!

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day.

Visit www.choosemyplate.gov to learn more.



Cornell Cooperative Extension

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