

Harvest of the Month

BEANS!



Why Choose Beans?

Beans are nutritional powerhouses, affordable and a staple in many diets worldwide. They are a plant-based protein, full of antioxidants, that help lower cholesterol, maintain healthy blood sugar levels, fight cancer, promote digestive health, and support weight management. One of the best things about beans is their high fiber content.

How Much is Enough?

A ½ cup serving of black beans contains 8 grams of fiber which is about 25% of the total fiber needed in a day. When only 5% of Americans consume the recommended amount of fiber each day, beans are a vital addition to the average diet.

Healthy Serving Ideas:

- Use beans to make a veggie burger
- Add to salads, soups, and chili
- Use them in addition to or instead of meat in tacos
- Blend beans into dips like hummus
- Incorporate them into breakfast with scrambled eggs



While there are many different types of beans, all are equally healthy so pick the ones you enjoy the most!

In partnership with



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Featured Recipe



Green Goddess Pasta Salad

Yield: 16 servings (2 cup)

Ingredients:

BASIL, FRESH
SPINACH, FRESH
GARLIC, WHOLE, PEELED
SHALLOT, PEELED
LEMON JUICE, FRESH
OIL (CANOLA/EVOO)
PEAS, FROZEN
CHEESE, PARM, GRATED
SALT
APPLE CIDER VINEGAR
PASTA, CHICKPEA (Barilla)

Amount:

0.5 oz (weighed)
0.5 oz (weighed)
1 clove
½ teaspoon, chopped
2 Tablespoons
2 Tablespoons
2 Tablespoons
2 Tablespoons
½ teaspoon
1 Tablespoon
225 grams, dry

Equipment/Tools:

Food processor (blender, immersion blender)
Spatula
4 qt pot
Large Mixing bowl

Preparation Steps:

Preparing the Dressing

1. Clean and dry all greens
2. Chop the garlic and shallot
3. Gather lemon juice, oil, and vinegar
4. In a food processor combine all the ingredients.
5. Blend until smooth.

Preparing the Pasta Salad

6. Boil water and cook chickpea pasta until al dente, approx. 8-9 minutes
7. Drain pasta and in a large bowl toss to combine with the Green Goddess
8. Refrigerate for 1 hr.
9. Enjoy!