

# Black Beans

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let beans dry out. They should always be covered with water.



## Fiesta Bean and Potato Salad

### Ingredients:

3 potatoes, cut into chunks  
3 tablespoons vegetable oil  
2 1/2 tablespoons lime juice  
1 1/2 teaspoons chili powder  
1 cup salsa  
2 cups cooked black beans  
2 cups corn  
Salt and pepper to taste

### Directions:

1. In a large pot, add potatoes and cover with water. Bring to a boil and cook for 12 minutes, or just until tender. Drain and cool.
2. In large bowl, mix together oil, lime juice and chili powder. Add potatoes.
3. Stir in salsa, black beans and corn.
4. Toss gently to combine. Add salt and pepper to taste.
5. Serve hot or cold and enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Black Bean Dip with Veggies

### Ingredients:

1 3/4 cups cooked black beans  
1 3/4 cups cooked chickpeas  
1 tablespoon vegetable oil  
3 tablespoons lemon juice  
1 garlic clove, chopped  
1 tablespoon low sodium taco seasoning\*\*  
2 cups of carrot sticks (or 2 cups cut raw vegetables)  
Salt and pepper to taste

### Directions:

1. Put all ingredients except carrot sticks in a blender.
2. Blend until smooth (add 2-3 tablespoons water to thin if needed).
3. Serve as dip with carrot sticks.
4. Enjoy!
5. Refrigerate leftovers.

**Makes 8 servings.**

\*\*For a different flavor, replace taco seasoning with 1 1/2 teaspoons of curry powder.

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.



*This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.*

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Fiesta Bean and  
Potato Salad**

**Recipe Name:**  
**Black Bean Dip  
with Veggies**

<b>Nutrition Facts</b>			
Serving Size (173g)		Servings Per Container	
Amount Per Serving			
<b>Calories</b> 180	Calories from Fat 50		
		% Daily Value*	
<b>Total Fat</b> 6g	9%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 320mg	13%		
<b>Total Carbohydrate</b> 29g	10%		
Dietary Fiber 6g	24%		
Sugars 4g			
<b>Protein</b> 7g			
Vitamin A 6%	• Vitamin C 20%		
Calcium 4%	• Iron 8%		
*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
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (131g)		Servings Per Container	
Amount Per Serving			
<b>Calories</b> 130	Calories from Fat 25		
		% Daily Value*	
<b>Total Fat</b> 3g	5%		
Saturated Fat 0g	0%		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 220mg	9%		
<b>Total Carbohydrate</b> 20g	7%		
Dietary Fiber 7g	28%		
Sugars 3g			
<b>Protein</b> 6g			
Vitamin A 110%	• Vitamin C 8%		
Calcium 4%	• Iron 8%		
*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
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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