

Kidney 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 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 the beans dry out, beans should always be covered with water.
- Canned beans are cooked and ready for use



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 air tight container for a year.
- Remember to rinse all fruits and vegetables before using.

Kidney Bean and Pasta Salad

Notes:

- About 2 cups cooked kidney beans in a 15oz. can
- About 5 cups cooked pasta in a 10oz. box

Salad

Ingredients:

1 bell pepper, chopped
1 teaspoon onion powder
2 teaspoons Italian seasoning or oregano
1/3 cup white or red vinegar
2 garlic cloves, minced
1/4 cup vegetable oil
2 tomatoes, diced
2 cups cooked kidney beans
5 cups cooked pasta (cooked according to package directions), cooled
1/2 cup shredded low fat or nonfat cheddar cheese (optional)
Salt and pepper, to taste

Directions:

1. In a large bowl, mix together pepper, onion powder, Italian seasoning, vinegar and garlic. Stir in oil.
2. Add remaining ingredients and toss together.
3. Add salt and pepper to taste.
4. Chill and serve. Enjoy!
5. Refrigerate leftovers.

Makes 12 servings. 1 serving = 1 cup

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The Nutrition Facts Label — What does it tell us?

Recipe Name:
Rancher's Beans

Recipe Name:
Kidney Bean and Pasta Salad

Nutrition Facts			
Serving Size (109g)			
Servings Per Container			
Amount Per Serving			
Calories 110	Calories from Fat 5		
		% Daily Value*	
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 200mg			8%
Total Carbohydrate 21g			7%
Dietary Fiber 5g			20%
Sugars 4g			
Protein 6g			
Vitamin A 2%	•	Vitamin C 6%	
Calcium 4%	•	Iron 10%	
*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

Nutrition Facts			
Serving Size (235g)			
Servings Per Container			
Amount Per Serving			
Calories 280	Calories from Fat 70		
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 230mg			10%
Total Carbohydrate 41g			14%
Dietary Fiber 6g			24%
Sugars 3g			
Protein 11g			
Vitamin A 2%	•	Vitamin C 40%	
Calcium 8%	•	Iron 15%	
*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
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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

