

# BEANS

## They Really Are the “Magical Fruit”!!



### What is a Legume?

- ❖ Foods from the legume family include beans, peas, lentils, peanuts, and soybeans.
- ❖ Cool season crop that is great for sustainable farming
- ❖ High nitrogen composition makes it great for crop rotation

### How can I add More Legumes to My Diet?

- ❖ Buy dried beans in bulk- they are very cheap and can be made in large batches and frozen in bags or Tupperware for one!
- ❖ Sample the many varieties of beans and lentils

### What are the Health Benefits?

- ❖ Excellent sources of protein
- ❖ Low glycemic-Index Carbohydrate
- ❖ Essential micronutrients
- ❖ High in fiber
- ❖ Shown to lower the risk of cardiovascular disease and type 2 diabetes mellitus
- ❖ Substituting legumes for foods that are high in saturated fats, such as meat

### How to Make Dried Beans

1. Soak beans in a full pot of water for 6-8 hours
2. Drain soaking water and add about 3 times the water as you have beans (1c bean-3 c water)
3. Heat on low to medium heat 1 hour



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