

# Beans Many Ways

Beans are a high-protein food that comes from a plant. They have a lot of fiber, which keeps you full longer and helps you go to the bathroom. Beans are also high in protein, which helps your body repair and replace muscles, hair, nails, skin and more. Lastly, beans have vitamins and minerals to keep your body healthy! Here are some tasty ways to prepare them:

## ROAST BEANS FOR A CRUNCHY SNACK



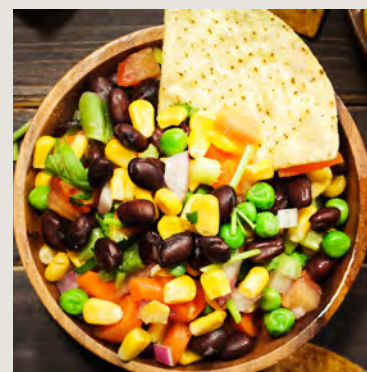
Toss chickpeas in a baking pan with olive oil. Add cinnamon and honey for a sweet, healthy flavor. Bake for 35 minutes at 400°F.

## PUT BEANS IN A BURRITO



Short on time? Mash canned beans and spread over a tortilla with your favorite veggies for a filling burrito on-the-go.

## ADD BEANS TO SALSA



Make your own fresh salsa with beans, corn, diced cucumbers and tomatoes. Add lemon juice, salt and pepper for the dressing.

## PUT BEANS ON SALAD



Add bulk to your salad by adding beans. It will help keep you full for longer. It makes a perfect add on to a lunch salad.

## USE IN SOUP OR CHILI



Beans can be used as a vegan-friendly protein source for soup or chili instead of meat.

## MAKE BEAN BROWNIES



Swap flour with black beans for a yummy protein-rich brownie. Add cocoa powder for chocolate flavor.

# BLACK BEAN TOSTADAS



## Ingredients:

2 (15 oz) cans black beans  
2 tablespoons vegetable oil  
½ medium onion, chopped  
2 garlic cloves, minced  
½ teaspoon ground cumin  
½ teaspoon salt  
¼ teaspoon dried oregano  
9 corn tortillas  
Salsa of your choice

## Directions:

1. Drain the liquid from one can of black beans. Empty both cans of beans into a medium size bowl. Use a potato masher to mash the beans until they are no longer whole. Set beans aside.
2. In a sauce pan, heat oil over medium heat. Add the onions and cook, stirring often, for 1 to 2 minutes.
3. Stir in garlic and cumin and cook for 30 seconds.
4. Stir in the black bean puree. When puree begins to boil, reduce heat to low.
5. Stir in the salt and oregano and simmer for 10 minutes, uncovered.
6. Warm each tortilla in a skillet over medium-high heat for 1 minute on each side.
7. Top tortilla with ¼ cup of black bean mixture.
8. Top with salsa.

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# SIMPLE WHITE BEAN SALAD

## Ingredients:

1 teaspoon lemon juice  
2 teaspoons red wine vinegar  
1 tablespoon olive oil  
1 teaspoon fresh chopped or dried herbs (such as rosemary, thyme, tarragon or basil)  
¼ teaspoon black pepper  
2 tablespoons chopped red onion  
1 (15 ounce) can white beans, rinsed and drained.



## Directions:

1. Mix lemon juice, red wine vinegar, olive oil, herbs, and black pepper together to make dressing.
2. In a bowl, mix red onion and white beans with dressing.
3. Chill for 1 to 2 hours, then serve.