

# DRY BEANS



## TRY THIS

- Make a dip with mashed white beans, garlic, lemon juice, and olive oil.
- Top scrambled eggs with rinsed and drained, canned pinto or black beans, and salsa for breakfast.
- Use beans as the main protein for soups, stews, veggie burgers, nachos, tacos, enchiladas, and burritos.
- Thicken chili, soup, or stew with smashed beans.

## BUYING AND STORING

- Choose dry beans that are not shriveled or broken.
- Store dry beans in a dry, airtight container in a cool, dark, place.
- Wash all fresh fruits and vegetables before using.
- For food safety, rinse the lids of canned vegetables before opening. If using dry beans, sort beans and discard any small stones before cooking.

# BEAN SALAD WITH FRESH HERBS

Time: 15 minutes | Makes: 6 Servings | Serving Size: ½ cup

Nutrition Information Per Serving: Calories 246, Carbohydrate 36g, Dietary Fiber 5g, Protein 13g, Total Fat 5g, Saturated Fat 1g, Cholesterol 4mg, Sodium 57mg



## INGREDIENTS

Two 15.5-ounce cans beans, drained and rinsed, any kind  
2 tablespoons onion, chopped  
2–3 tablespoons fresh herbs, chopped (see below for herb combinations)

2 ½ tablespoons cider vinegar  
4 tablespoons olive oil or vegetable oil  
¼ teaspoon black pepper

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

## INSTRUCTIONS

1. In a medium bowl, combine all ingredients. Mix gently. Taste and adjust seasoning if needed.
2. Serve immediately or chill and serve later. Will last up to three days in the refrigerator.

## CHANGE IT UP

- Herbs that go well together are: dill and chives, mint and parsley, basil and oregano, and cilantro and garlic scapes.
- Use dry spices if you don't have fresh. For every tablespoon of fresh herbs use ½–1 teaspoon dry herbs.
- Add drained canned tuna or cooked chicken.

