

FOOD BYTES

Hi there!

**January
2024**

Benefits of Beans

Beans come in many varieties and have many benefits:

- Beans are a healthy, plant-based protein option
 - Even if you don't follow a vegetarian diet, adding plant based meals into your diet can decrease your risk of certain diseases
- Beans are an excellent source of both soluble and insoluble fiber
- Beans are budget friendly
 - Beans cost much less than other protein sources, so adding them in place of other proteins can lessen your food costs
- Beans are versatile and can be used in a variety of recipes. You can even sub beans in place of some meat in certain recipes
- If choosing canned beans, be sure to look for low sodium or no salt added varieties



**JANUARY 6TH
IS NATIONAL
BEAN DAY**

A plant forward diet is a way of eating that puts emphasis on plant-based foods but doesn't fully restrict meat. Meat can still be a part of the diet, but often is not the central part of the meal.

KITCHEN TIP

Store dried beans in food safe, airtight containers rather than in the original bag you purchased them in. Store the container in a cool, dry space that is out of direct sunlight.

Recipe

Black Bean Quinoa Bowl



Ingredients:

- ¾ cup canned black beans, rinsed
- ½ cup cooked quinoa
- ¼ cup hummus
- 1 tablespoon lime juice
- ¼ medium avocado, diced
- 3 tablespoons pico de gallo
- 2 tablespoons chopped fresh cilantro

Instructions:

1. Combine beans and quinoa in a bowl.
2. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency.
3. Drizzle the hummus dressing over the beans and quinoa
4. Top with avocado, pico de gallo and cilantro.

Tip: To make ahead: Assemble Buddha bowl up to 1 day in advance, with dressing on the side. To prevent avocado from browning if making ahead, toss with a squeeze of lime juice after dicing.