

BITS and BITES

Beans and Greens Salad

Ingredients

- 1 can pinto beans, drained & rinsed
- 1 can green beans, drained & rinsed
- 1-2 tomatoes, diced
- 1-2 cucumbers, diced
- Juice of 1 lemon
- Black pepper, to taste
- Italian seasoning (optional)

Directions

1. Combine all ingredients & mix well.
2. Squeeze juice of 1 lemon & add seasoning to taste.
3. Cover & chill before serving.

If you can't find "low-sodium" or "no salt added", just be sure to **rinse well** before using!

Beans are a great way to **stretch your budget & improve your family's nutrition**. They are an excellent source of **protein & fiber**, which help the body feel full faster & longer. A diet that includes beans has a number of benefits, including **controlling your weight, managing your blood pressure, & reducing your risk of heart disease**.

If you don't have canned beans, you can substitute about 1 cup of dried beans. Dried beans are often even more affordable than canned beans.

To prepare dried beans, use these easy steps:

1. Pick through the beans, discarding any discolored or shriveled beans, or any foreign matter. Rinse well.
2. Place dry beans in a large container; for each cup of beans add 5 cups of cold water. Cover & refrigerate 8 hours or overnight.
3. Place beans in a large pot; cover with fresh water & bring to a boil. Reduce heat, cover, & simmer gently until beans are tender but firm. Most beans will cook in 45 minutes to 2 hours.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

This institution is an equal opportunity provider.

NC STATE EXTENSION



BITS and BITES

Beans and Greens Salad

Ingredients

- 1 can pinto beans, drained & rinsed
- 1 can green beans, drained & rinsed
- 1-2 tomatoes, diced
- 1-2 cucumbers, diced
- Juice of 1 lemon
- Black pepper, to taste
- Italian seasoning (optional)

Directions

1. Combine all ingredients & mix well.
2. Squeeze juice of 1 lemon & add seasoning to taste.
3. Cover & chill before serving.

If you can't find "low-sodium" or "no salt added", just be sure to **rinse well** before using!

Beans are a great way to **stretch your budget & improve your family's nutrition**. They are an excellent source of **protein & fiber**, which help the body feel full faster & longer. A diet that includes beans has a number of benefits, including **controlling your weight, managing your blood pressure, & reducing your risk of heart disease**.

If you don't have canned beans, you can substitute about 1 cup of dried beans. Dried beans are often even more affordable than canned beans.

To prepare dried beans, use these easy steps:

1. Pick through the beans, discarding any discolored or shriveled beans, or any foreign matter. Rinse well.
2. Place dry beans in a large container; for each cup of beans add 5 cups of cold water. Cover & refrigerate 8 hours or overnight.
3. Place beans in a large pot; cover with fresh water & bring to a boil. Reduce heat, cover, & simmer gently until beans are tender but firm. Most beans will cook in 45 minutes to 2 hours.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

This institution is an equal opportunity provider.

NC STATE EXTENSION

