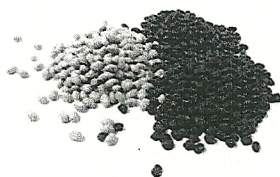


# Legumes—A Guide to Dried Beans and Peas



Dried beans and peas are mature forms of legumes, or plants which have pods with rows of seeds inside. Legumes are a versatile and inexpensive food that can boost the nutritional content of childcare meals. Try serving a new bean dish at least once per week!

Black beans  
Black-eyed peas, mature  
Garbanzo beans (chickpeas)  
Great Northern beans  
Kidney beans  
Lentils  
Lima beans, mature  
Navy (Pea) beans  
Pink beans  
Pinto beans  
Red beans  
Split peas  
Soybeans, mature



## Easy ways to incorporate more beans

**Choose the easiest form!** Use canned, pre-cooked beans to simplify recipes and reduce cooking time.

**Power up recipes!** Add dry-packaged or canned beans and peas to casseroles, stews and side dishes. Make chili more interesting by adding two different beans. Try black beans and pinto beans.

**Serve satisfying soup!** Try split pea, lentil, minestrone or white bean soups. Use pureed beans to thicken soups and sauces.

**Spice up your menu!** Offer black bean enchiladas, low fat refried beans, or tacos with pinto or black beans.

**Spruce up salads!** Offer corn and black bean salad, three bean salad or chickpea salad. Or top a lettuce salad with your choice of bean for some protein.

**Try something new!** Hummus is made from pureed chickpeas (garbanzo beans) and is a great tasting dip for veggies or pita chips.

