Facts About Beans:

Beans are a part of the plant family called legumes, including lentils, garbanzo beans, peas, and black beans. As part of many cultural dishes around the world, beans can be found in soups, stews, dips, side dishes, and even desserts.

Beans are easy on your budget. With a long shelf-life for storage, and as a budget friendly option, beans can be found in both canned and dry forms. Beans are a heart-healthy superfood. Beans are also an excellent source of dietary fiber, plant protein, iron, and zinc.

Tips to reduce gas when cooking beans:

• Soak beans in water for 1 or 2 hours before cooking
• Throw away water from boiling beans once and add more water
• OR use a pressure cooker

Chickpea Salad

Yield: 4 servings

Ingredients

1 can chickpeas, rinsed and drained, or 2 cups cooked chickpeas.
1 cup grape tomatoes, sliced
1 cup cucumber, diced
½ avocado, chopped
½ cup green bell pepper, diced
½ cup red onion, diced
½ cup fresh cilantro, chopped

Dressing

1 tsp freshly ground black pepper
½ tsp dried oregano
1 clove garlic, pressed or minced
2 tbsp apple cider vinegar
¼ cup extra virgin olive oil

Instructions

Combine all the ingredients in a bowl and toss until combined. Taste and add additional dressing if desired.