

What Can You Do with...

Canned Beans?

Looking for ways to put healthy meatless meals together in minutes? Reach for the canned beans. Traditional cooks soak dried beans overnight before cooking them. But when you're in a hurry, canned beans are a great convenience. And they deliver plenty of inexpensive protein as well as fiber. Include canned cannellini beans, pinto beans, black beans, or chick peas (garbanzo beans) in your weekday meals. Get into the habit of always draining them in a colander and rinsing them well under cold water to remove as much sodium as possible.

1. Add zucchini, summer squash, eggplant, peppers, and oregano to sautéed onion and garlic. Stir in cannellini beans, chopped tomatoes and 1 tablespoon red-wine vinegar, and serve over brown rice or bulgur.
2. Mash beans and avocado in a bowl and spread on a whole grain wrap. Add cilantro, and for crunch, some onion, carrot, or nappa or red cabbage.
3. Top salads with beans to add protein and texture.
4. Add cannellini or black beans to your signature pasta dishes.
5. Mash pinto beans with some ground cumin and heat in the microwave. Spread on a tortilla, add salsa and guacamole for a protein-packed breakfast or lunch.
6. Combine one can red kidney beans, one can garbanzo beans, bell pepper, onion, and parsley, mix with a citrus vinaigrette, and let marinate for several hours for a delicious salad.
7. Combine white kidney beans, sun-dried tomatoes, garlic, rosemary, oil, and red-wine vinegar in a food processor or blender. Fold in kalamata olives and enjoy with fresh vegetables or whole grain crackers.
8. To make a creamy bean dip combine red kidney beans, chopped onion, red wine vinegar, chili powder, and ground cumin in a food processor. Thin, if necessary, with a little water
9. Briefly sauté onions and then add kidney beans, corn, peppers, tomato sauce, garlic, paprika, and chili powder. Simmer for about 30 minutes to make a vegetarian chili.

