

Black Beans

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2nd grade students learn about a variety of snacks and healthy living.

To learn more about black beans, watch Eating Healthy with Michelle – Lesson 15. The video can be found at <https://www.youtube.com/watch?v=RkSWatyTKaM&feature=youtu.be>.

For more facts and recipes check out:

IDPH Pick a Better Snack <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Michigan State University <https://www.canr.msu.edu/news/black-beans-and-the-science-behind-them>

Happy snacking! – Michelle Schubert

Facts



- Black beans are native to South and Central America.
- They can count as a protein serving or a vegetable serving.
- They have a black shiny skin that is technically dark purple and a white center.
- Black beans are a great source of:
 - Protein – make and repairs our cells
 - Fiber – helps our digestive system
 - Iron – give us energy and carries oxygen in our body
 - Potassium – helps our blood pressure and balances fluids in our body for hydration.
 - Folate – may reduce risk of heart disease

How to Pick ‘Em

- Available dried, canned, and frozen.
- Canned black beans are already cooked but before using drain and rinse them under cold water in a colander or strainer.
- When selecting dried beans look for beans that are dry, firm, clean, and uniform in color.
- Dried beans must be rinsed and cooked before using. To learn how go to <https://spendsmart.extension.iastate.edu/recipe/preparing-dry-beans/>

Try it at Home

- Black beans can be eaten plain out of a can.
- Add black beans to burritos, tacos, enchiladas, casserole dishes, soups, salads, pasta, salsas and dips.
- Black beans can be mashed and added to burgers and brownies.

Black Bean Brownies

Ingredients:

- 1 can (8 ounce) black beans
- 1 package brownie mix



Directions:

1. Using a blender or food processor, puree the can of black beans. Do not drain the beans.
2. Combine the dry brownie mix and beans to form a batter.
3. Bake according to the brownie package directions.
4. Let cool, eat, and enjoy.

Recipe from: Michigan State University Extension

https://www.canr.msu.edu/news/brownies_a_healthy_treat



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