

# Words on Wellness

Your extension connection to nutrition and fitness

## July Is Baked Bean Month

An excellent source of protein, folate, potassium, and fiber, beans are available in dry, canned, and frozen forms. Beans and peas are a healthy and cost effective protein alternative to meat. They are lower in saturated fat and cholesterol. Beans and peas include kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas, and lentils. Don't forget to include a variety of beans and peas in your summer meals.

### Beans . . . Let's Get Cookin'

#### Soaking dry-packaged beans

Before cooking, soak dry-packaged beans to help soften and return moisture to the beans, while reducing cooking time. Most beans triple in size as they rehydrate, so be sure to start with a large enough pot.

*Hot soak or quick soak:* For each pound of beans, add 10 cups hot water, heat to boiling, and let boil 2 to 3 minutes. Remove from heat and cover for at least 1 hour but not more than 4 hours.

*Traditional overnight soak:* For each pound of dry-packaged beans, add 10 cups of cold water and let soak overnight or at least 8 hours.

#### Cooking dry-packaged beans

- Drain soaking water, rinse beans, and cook in fresh water. In general beans take 30 minutes to 2 hours to cook depending on the variety.
- Add spice to beans as they cook rather than at the end of the cooking time EXCEPT acidic ingredients like tomatoes, vinegar, and citrus juice, which should be added at the end of the cooking time when beans are tender.
- Add salt only after beans are tender; salt may make the skins tough if added before beans are tender.
- To test for doneness, try a few. They should be tender, but not mushy.
- Cool leftover beans and cooking liquid in a shallow container (2 inches deep) in the refrigerator.

#### Canned beans

Canned beans are a great convenience because they are presoaked and precooked. Always drain and rinse before adding canned beans to a recipe; this reduces the amount of sodium. It is not necessary to re-cook canned beans, just heat them if a recipe calls for it.

#### Storing beans

Uncooked dry beans can be stored in a tightly sealed container in a cool, dry area. If kept for more than 12 months, dry-packed beans will lose moisture and may require longer cooking times; nutrient value is not lost over time. Canned beans may be stored up to 12 months in their original sealed cans. Cooked beans may be refrigerated in a covered container up to 4 days. Cooked beans may be frozen up to 6 months.



## Baked Beans

**Serves: 6**

**Serving size: 1/6 recipe**

### Ingredients

- 1 1/2 cups navy, kidney or lima beans (dry, sorted, and rinsed)
- 2 cups water
- 2 cups apple juice
- 1 teaspoon salt
- 2 tablespoons molasses
- 1/2 cup ketchup
- 2 teaspoons vinegar
- 1 teaspoon mustard, dried

### Directions

1. Combine apple juice and water. Bring to a boil.
2. Add beans and simmer for 2 1/2 hours until beans are tender.
3. Drain beans, reserve the liquid.
4. Put beans and other ingredients in greased baking dish.
5. Cover and bake at 250°F for 3 to 4 hours.
6. Uncover the last hour of baking and add some reserved liquid if beans become dry.

### Cost

Per Recipe: \$1.56

Per Serving: \$0.26

### Nutrient information per serving

280 calories, 1 g total fat, 0 g saturated fat, 0 mg cholesterol, 620 mg sodium, 53 g total carbohydrate, 8 g fiber, 19 g sugar, 11 g protein

Adapted from *The Bold and Beautiful Book of Bean Recipes*.



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**(Beans continued)**

### *How many beans?*

One 15 ounce can of beans = 1½ cups cooked beans, drained

One pound dry beans = 6 cups cooked beans, drained

One cup dry beans = 3 cups cooked beans, drained

### *What about gas?*

Gas is caused by indigestible sugars found in dry beans. To minimize gas:

- Gradually increase the amount and frequency of beans in your diet.
- Discard the soaking water used for dry beans and rinse thoroughly before cooking.
- Use enzyme products like Beano, drink plenty of fluids, and get plenty of physical activity.

## Keep food safe this summer!

When eating outside or while traveling or picnicking away from home, take along the basic food safety necessities and follow these tips to reduce risk of foodborne illness:

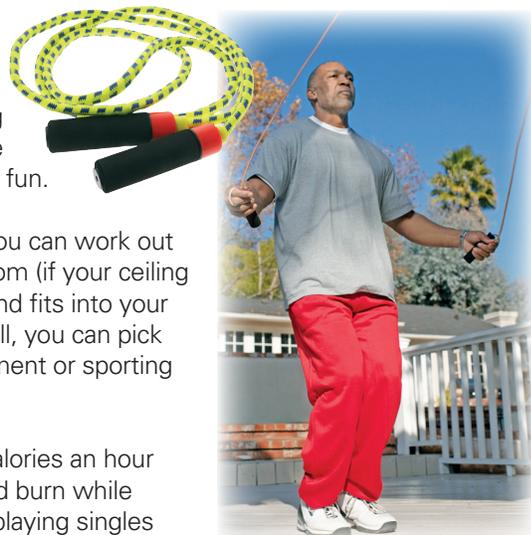
- Take foods in the smallest quantity needed — pack only the amount of food you think you'll use. Consider taking along non-perishable foods and snacks that don't need to be refrigerated.
- Pack foods in your cooler in reverse-use order — foods you plan to use last should be packed first. Pack plenty of ice or freezer packs on top of the food to ensure a constant cold temperature. Fill the cooler to capacity; a full cooler will maintain its cold temperatures longer than one that is partially filled. When the picnic is over, discard all perishable foods if there is no longer sufficient ice in the cooler or if gel packs are no longer frozen.
- Separate ready-to-eat items from raw or uncooked items in your cooler with airtight containers. Better yet, have a cooler designated for ready-to-eat items and another designated for raw/uncooked items if possible.



Source: Partnership for Food Safety Education (<http://www.fightbac.org/>)

## Jump Rope

If you're searching for a great piece of exercise equipment, just ask the nearest grade-schooler. Kids jumping rope on playgrounds and at parks are getting a great workout while having fun.



A jump rope is simple and rugged. You can work out with it at the gym or in your living room (if your ceiling is high enough). It's easily portable and fits into your purse or even your pocket. Better still, you can pick up one for less than \$15 at a department or sporting goods store.

A 150-pound person can burn 750 calories an hour jumping rope. That's more than you'd burn while spending the same amount of time playing singles tennis, walking, or riding your bike at 12 mph. Jumping rope is also a weight-bearing exercise. If you already have osteoporosis, though, jumping rope isn't recommended because the impact can affect your joints. As you practice staying on your feet while jumping, you may enhance your balance and reduce your future risk for falls and other injuries.

If you're looking for an inexpensive, heart pounding workout that you can do rain or shine, grab some supportive sneakers, jump rope, and get started!

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