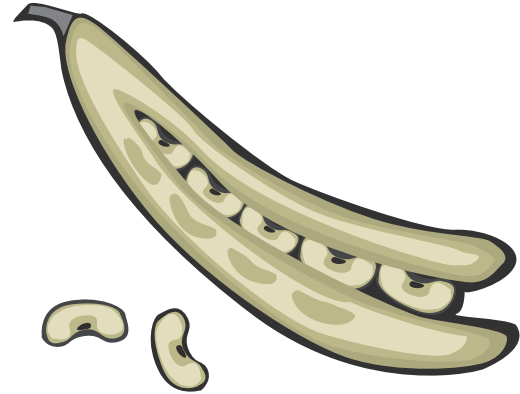




Great Ways to Eat Beans

Beans taste great by themselves or mixed with other foods:

- Vegetable chili is made of red kidney beans, tomatoes, and green peppers.
- Hummus is made of chickpeas, lemon juice, garlic, sesame paste, and healthy oil. It makes a great dip for vegetables or whole-wheat crackers.
- Rice and beans is a traditional side dish in many cultures.
- Did you know that dry beans and peas are actually the seeds of plants? That's why they are power-packed with vitamins, minerals, protein, and carbohydrate. So try some cool beans today!

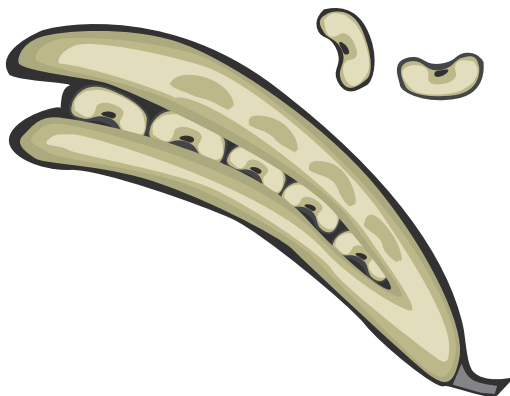


From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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