

# BEAN CUISINE

IDEAS TO ENJOY BEANS FOR  
BREAKFAST, LUNCH, SNACK, DINNER,  
AND DESSERT!



**By: Chelsea Didinger**

with invaluable help from an incredible team of  
citizen scientists, colleagues, sensory panelists,  
and my PhD mentors

This is the first edition of Bean Cuisine, which is part of Chelsea Didinger's doctoral research.  
This project was funded in cooperation with the Colorado Department of Agriculture and  
USDA's Specialty Crop Block Grant Program.

We would like to keep adding to and improving upon this resource. Please see the last page for  
information on where to send feedback and ideas.

Cover photos © A Legume a Day (<https://alegumeaday.com/>).

Bean Cuisine: Ideas to Enjoy Beans for Breakfast, Lunch, Snack, Dinner, and Dessert!

© Chelsea Didinger (A Legume a Day), PhD Candidate, April 2023

Department of Food Science and Human Nutrition, Colorado State University

## Dedication

*Thank you to all the citizen scientists who participated in this project. Your generosity with your time and the incredibly helpful feedback you provided greatly improved the recipes of the Bean Cuisine. Thanks to all of you, everyone will find the Bean Cuisine more delicious, with clearer instructions. Because of you, everyone who reads this and uses the recipes can better savor the delicious and versatile bean! You will find a list acknowledging the amazing citizen scientists on the next page. A special thanks to the sensory panel who provided feedback on several of these recipes, too.*

*We appreciate the Colorado Department of Agriculture's generous financial support of this research.*

*Thank you to my PhD mentors for all their guidance throughout my academic career. Dr. Marisa Bunning and Dr. Henry Thompson, your support – both overall and on the Bean Cuisine – has truly been a gift. Thank you to our research colleagues and our partners with Colorado State University Extension for providing critical input, as well as helping recruit citizen scientists. We extend our gratitude to Dr. Terry Hartman for sharing several bean recipes with us.*

*Lastly, if you think it sounds crazy and impossible to have beans for every meal of the day – trust me, it can be done. Thank you to my husband for helping me test that theory in our own home by eating beans with me 24/7 and proving that not only is it possible, but it is delicious.*

*Cheers to beans!*

*Chelsea*



Photo credit: [A Legume a Day](#)





# » Table of Contents

**Citizen Scientist Acknowledgment** 5

**Introduction** 6 - 10

**Cooking with Dry Beans** 11 - 12

**Tips to Shorten Bean Cooking Time** 13

**Recipe Index** 14 - 16

**Recipes: Breakfasts, Lunches,  
Snacks & Sweets, Dinners** 17 - 132

**Conclusion** 133



## Citizen Scientist Acknowledgement



Fifty-six citizen scientists participated in the Bean Cuisine. Those who felt comfortable with their names being shared are listed below. Many, many thanks to you all!

Alesia F  
Ali O  
Amanda H  
Amanda V  
Amberly B  
Amelia H  
Angie N  
Anita F  
Anjali P  
Arsh J  
Barb V  
Beth T  
Bev S  
Brenda E  
Carol G  
Carolina N  
Christina B  
Christina E  
Cyndi H

Dave T  
Esther H  
Hania O  
Helene G  
Irene S  
Jan B  
Jean M  
Jean W  
Joan C  
Joanne O  
Jodi T  
Kate W  
Kathy M  
Kelly S  
Kim D  
Krista G  
Lee C  
Lia H  
Linda G

Lou Ann S  
Marietta R  
Martha S  
Nicole M  
Pam W  
Pamela S  
Pat S  
Paula  
Paula M  
Pilar H  
Renee G  
Sheila G  
Sue Z  
Sue-Stephen D  
Suzanne Sarah F  
Terry F  
Victoria F

## Introduction to the Bean Cuisine

### Why Beans?

Beans are delicious, nutritious, and sustainable. Despite all the benefits they can provide for human and environmental well-being, average bean consumption is very low. The goal of the Bean Cuisine and Chelsea Didinger's PhD work is to inspire people to eat more beans – and reap the numerous benefits.

- **Nutrition.**<sup>1</sup> Beans are one of the best natural sources of dietary fiber, about 2 – 3 times higher in fiber than whole grains. They are also packed with plant-based protein and several micronutrients (i.e., vitamins and minerals), such as potassium and folate.
- **Human health.**<sup>2</sup> With their nutrient-dense profile, beans are associated with improving gut health and supporting healthy weight management. Simultaneously, beans may decrease the risk for chronic diseases like heart disease, type 2 diabetes, and certain cancers, e.g., colorectal cancer.
- **Environmental benefits.**<sup>3</sup> Beans can improve soil health, use less water than other crops and sources of protein, and help reduce greenhouse gas emissions.



*A pinto bean field in eastern Colorado. Beans are very important to Colorado food systems, as well as agriculture in many other states, including North Dakota, Michigan, Minnesota, Nebraska, and Wyoming. Photo credit: A Legume a Day*

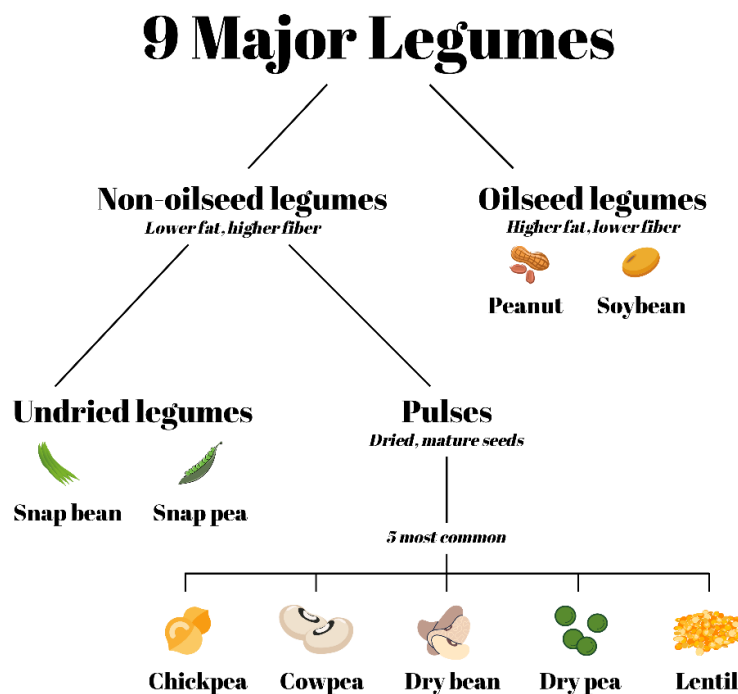
### What's in a Name? Legumes, Pulses, and Beans

People often use the words legume, pulse, and bean interchangeably, but are they the same? And wait... what *are* pulses?

**Legume** is the overarching category and includes oilseed legumes (e.g., peanuts and soybeans), which are higher in fat and have less fiber per 100 kilocalorie edible portion than their non-oilseed legume counterparts.

**Pulses**, on the other hand, are the dried, edible seeds of non-oilseed legumes and include chickpeas, **dry beans** (like pinto, kidney, and black beans), and more. Pulses are incredibly nutrient-dense, rich in plant-based protein, and one of the best natural sources of dietary fiber in the world. Plus, they are delicious!

So, a dry bean is one type of pulse, a chickpea is not technically a bean but rather is a pulse, and both dry beans and chickpeas are legumes. Time to impress your friends!



*For the full article that contains this figure, see reference #1 under the References subheading.*

### What is the Bean Cuisine?

The Bean Cuisine was designed to inspire folks with the culinary versatility of beans and other pulses, encouraging them to include them in their daily diets. Recipes were collected from various sources, including colleagues and bean-centric food blogs, and then modified to meet the requirements of the Bean Cuisine. Dr. Terry Hartman also shared bean-based recipes she used in a clinical trial<sup>4</sup>, and we adapted several of them with the help of citizen scientists.

The Bean Cuisine was designed to have 35% of dietary protein come from pulses. Why 35%? Preclinical trials in Dr. Henry Thompson's laboratory suggest that major benefits for gut health



and body weight management are seen when at least this amount of protein is coming from pulses.<sup>5,6</sup> We wanted to illustrate what a diet that reaches that level may look like and begin to test if eating this amount of beans and other pulses is feasible. The result is this Bean Cuisine.

The Bean Cuisine includes 56 recipes, corresponding to a full 2-week cuisine with 14 unique breakfasts, lunches, snacks, and dinners. In this book, we are presenting the recipes within meal categories instead of being assigned to a particular day. This is because the meals are essentially interchangeable, e.g., one breakfast can easily be swapped for another.

Furthermore, the menu plan that is part of the Bean Cuisine also included proposed sides (fruit, steamed vegetables, yogurt, etc.), but those are not included here because the goal of this book is to share the bean recipes so that you can easily incorporate them into your eating pattern.

Thus, you will find recipes grouped within four categories: Breakfasts, Lunches, Snacks & Sweets, and Dinners.

*Please note: The Bean Cuisine book is not a medical recommendation to consume this diet, but rather a compilation of ideas of how you can regularly – and deliciously – include beans and other pulses in your day-to-day life.*

## **What is Citizen Science?**

Citizen science is when citizens actively participate and engage in scientific research.

Sometimes, research can happen in a silo and then remain housed in scientific journals, not always reaching the public. It was very important to us that this be a project in which our communities could participate. Not only did we have the chance to share our research with an amazing group of citizen scientists, but – and perhaps more importantly – we were able to learn so much from them. As stated in The Science of Citizen Science, “Citizen science is a growing practice in which scientists and citizens collaborate to produce new knowledge for science and society.”<sup>7</sup> Collaboration and collective learning is key to citizen science.

## **What Will You Find in this Book?**

In addition to the information provided above, you will find the following:

- **Information on how to cook beans.** Two handouts from Colorado State University (CSU) Extension explain how to cook dry beans and other pulses, including tips on how to cook dry beans faster.
- **56 bean-centric recipes.** If you choose to alter the recipes or make up your own versions, that’s okay! Enjoy experimenting in the kitchen. Our goal is to help inspire you with the versatility of beans to be used in any meal of the day: breakfast, lunch, snacks, dinners, and desserts.

- **Photos.** Each recipe contains a photo. Many photos were provided by citizen scientists, and it was often hard to decide which photo to use as we had many great submissions! When a photo was not readily available from a citizen scientist, it was provided by Chelsea Didinger (© A Legume a Day).
- **Citizen scientist tips.** Many recipes include tips from citizen scientists who tested the original versions of the recipes. You can find these in the Notes section of the recipe.
- **Nutrition facts.** Each recipe includes nutrition information for 1 serving, created in Nutritionist Pro. Please understand that these nutrition facts are an approximation and of course can vary with ingredients, brands, and other factors.

### Canned or Dry Beans?

You are welcome to use whichever you prefer, although some beans and pulses can be hard to find canned, such as Mayocoba beans and split peas. We are including helpful tips and information on how to cook dry beans so that you can cook your own. If you have not tried cooking dry beans before, or if it's been a while, we would highly encourage you to give it a shot!

For a video on how to cook dry beans on the stovetop, visit this link (<https://alegumeaday.com/how-to-cook-beans/>) or scan the QR code:



### Bean Math

- In one 15 oz. can of beans, there are approximately 1 and ½ cups of cooked beans. This amount varies slightly by type of bean and brand.
- In a 1-lb bag of dry beans, there are approximately 2 cups of dry beans, which cooks up into about 5 to 6 cups of cooked beans.
- This means that a 1-lb bag of beans cooks up into about 4 cans' worth of beans.

If you end up with leftover beans or do not have enough beans for a recipe:

- You can adjust the recipe to match the amount of beans you want to use.
- Freeze leftover beans for later use.
- Most of the recipes are flexible and will still work if you use slightly more or less beans. This may not be the case with baking and sweets.

## Is It Okay to Substitute Different Beans?

We frequently get this question, and the answer is yes! A few recommendations when substituting beans:

- **Think texture and flavor profile.** As a general rule, substitutions of beans that have similar textures and flavor profiles work very well. For example, if cooking a recipe that calls for Mayocoba beans (aka yellow beans), we know that Mayocoba beans tend to be a buttery, creamy, mild bean. So, other beans with similar textures and flavors would likely work well, such as white beans like cannellini (also known as white kidney) or great northern beans.
- **Enjoy variety.** Use the impressive variety of beans to your advantage. In a recipe like a bean salad, try the recipe using different types of beans. Beans like pinto or red kidney bean tend to have an earthier flavor than white beans, for instance. Play around with different colors, sizes, textures, and flavors in more flexible recipes. Sweet dishes and baking may be somewhat less flexible with substitutions (e.g., substitute a mild white bean for a Mayocoba bean in a sweet baked oatmeal, instead of substituting a robust, earthy red kidney bean).
- **Remember color.** We tend to eat with our eyes, so think what color bean may work well in the finished dish.

## References

1. Didinger, C., & Thompson, H. J. (2021). Defining nutritional and functional niches of legumes: A call for clarity to distinguish a future role for pulses in the dietary guidelines for Americans. *Nutrients*, 13(4), 1100. doi:10.3390/nu13041100
2. Didinger, C., & Thompson, H. J. (2022). The role of pulses in improving human health: A review. *Legume Science*, e147. doi:10.1002/leg3.147
3. Didinger, C., & Thompson, H. (2020). Motivating pulse-centric eating patterns to benefit human and environmental well-being. *Nutrients*, 12(11), 3500. doi:10.3390/nu12113500
4. Hartman, T. J., Albert, P. S., Zhang, Z., Bagshaw, D., Kris-Etherton, P. M., Ulbrecht, J., ... & Lanza, E. (2010). Consumption of a legume-enriched, low-glycemic index diet is associated with biomarkers of insulin resistance and inflammation among men at risk for colorectal cancer. *The Journal of nutrition*, 140(1), 60-67. doi:10.3945/jn.109.114249
5. Lutsiv, T., McGinley, J. N., Neil-McDonald, E. S., Weir, T. L., Foster, M. T., & Thompson, H. J. (2022). Relandscaping the Gut Microbiota with a Whole Food: Dose–Response Effects to Common Bean. *Foods*, 11(8), 1153. doi:10.3390/foods11081153
6. Lutsiv, T., Weir, T. L., McGinley, J. N., Neil, E. S., Wei, Y., & Thompson, H. J. (2021). Compositional changes of the high-fat diet-induced gut microbiota upon consumption of common pulses. *Nutrients*, 13(11), 3992. doi:10.3390/nu13113992
7. Vohland, K., Land-Zandstra, A., Ceccaroni, L., Lemmens, R., Perelló, J., Ponti, M., ... & Wagenknecht, K. (2021). *The science of citizen science*. Springer Nature.





# Cooking with Dry Beans

Dry beans are a nutrient-dense, affordable pantry staple that simultaneously promotes human and environmental health. Often, there are more types of dry beans available than there are canned options.

## Purchasing Dry Beans

- Dry beans can be found in bulk bins and pre-bagged. The larger the size of the bag, generally the less expensive per pound.
- Look for beans in good condition, with their seed coats (skins) intact and minimal numbers of split beans. Some beans, like pintos, will turn darker as they age, so a brighter color bean may mean a fresher bean.
- Choose beans with a later best-by date. Or, if the information is available, look for beans from a more recent harvest year. In Colorado, beans are harvested in the fall.

## Storage

- To preserve shelf-life, store beans in a cool, dark, dry place.
- Seal storage containers well to keep out any potential pests and to help prevent the beans from drying out. Maintaining the moisture level of the beans will help them cook faster and more evenly.

## Sort & Rinse

Beans are a raw agricultural product. Before cooking, sort beans to remove any small stones, natural debris (like straw), and damaged beans. Then rinse to remove any dust.

## Soaking

Soaking is optional, but it can help shorten cooking time and improve appearance by preventing beans from bursting when cooking. Also, discarding the soaking water may help reduce flatulence by decreasing the amount of an indigestible compound, galactooligosaccharides. There are two main soaking methods:

1. Overnight soak: Cover beans by several inches of water (~8 cups per 2 cups beans) and soak for several hours or overnight. If soaking for more than 12 hours, refrigeration is recommended.
2. Quick soak: in a large pan, cover beans with water (~8 cups per 2 cups beans) and bring to a boil. Hold at boil for 3 minutes. Turn off heat and leave to soak for 1 hour.

After soaking is complete, drain and rinse the beans before cooking in fresh water. Adding salt to the soaking water can shorten cooking time and helps to prevent beans from splitting during cooking.

*Note: Lentils do not need to be soaked before cooking.*

## Cooking

When choosing a cooking method, consider the length of time required, the impact of elevation, and the amount of hands-on attention needed.

## Stovetop Cooking Method

1. Drain and rinse the soaked beans. In a large saucepan, add fresh water to cover beans by a couple inches. Add salt and seasonings if desired. Bring the beans to a boil, then reduce heat to a simmer.
2. Simmer until beans are tender. Add water as needed to ensure beans remain covered.
3. Cooking time varies but is generally about 1-3 hours, although lentils usually take less than 1 hour. Check for doneness by mashing beans with a fork (they are done when easily pierced) and/or sampling.

Consider:

- Stovetop allows the flexibility to add ingredients and taste as you go, but it also requires more attention to ensure the pot does not boil dry.
- Cooking time increases with elevation. Try other methods if stovetop cooking is taking too long, for example at elevations above 7,000 feet.



# Cooking with Dry Beans

## Slow Cooker Method

1. Drain and rinse the soaked beans. In the slow cooker, add beans and enough water to cover them by at least an inch. Add salt and seasonings if desired.
2. Cook on low for 6-8 hours or on high for 4-5 hours. Test for doneness and cook longer if necessary.

Consider:

- This method takes longer but is very hands-off.
- Unlike with a pressure cooker, you can still see what is happening inside a slow cooker.
- *Note: Beans contain a compound called lectins that can cause intestinal discomfort. When beans are cooked, lectin activity is eliminated. However, red kidney beans are particularly high in lectins, thus it is not recommended to cook red kidney beans in a slow cooker because lectins may still be present. If you want to prepare red kidney beans in a slow cooker, the recommendation is to first boil them for 10 minutes before finishing them in the slow cooker, to properly inactivate lectins.*

## Electric Pressure Cooker Method

1. Drain and rinse soaked beans. Add to cooker's inner pot with fresh water (follow cooking instructions for amount of water based on whether you soaked beans or not) and salt and seasonings if desired. Adding a small amount of cooking oil (~1 Tbs per 1 lb dry beans) is optional and can help reduce foaming.
2. Cook according to pressure cooker manual, depending on bean variety. Remember to increase time for elevation. Generally, the recommendation is to increase cooking time by 5% for every 1,000 feet above 2,000 feet elevation in an Instant Pot. For example, if you live at 5,000 feet, increase cooking time by 15%.
3. Allow at least 5 minutes of natural pressure release before using quick release.

Consider:

- This method can help speed up cooking time and is relatively hands-off. However, remember that it does take time for the cooker to get up to pressure, before the programmed cooking time begins.
- Beans cooked in a pressure cooker will foam. To prevent vent blockage and cooker malfunction, do not fill the cooker over the maximum ½-full mark. Doing so could block the vents and cause the unit to malfunction.
- *Note: For more information see: <https://foodsmartcolorado.colostate.edu/cooking-beans-at-high-elevation-using-an-electric-pressure-cooker>*



## Storing Cooked Beans

Serve or refrigerate cooked beans within 2 hours. Store in sealed containers, in the refrigerator (35°F-40°F) for 3-5 days. Alternatively, store cooked beans in sealed containers or bags in the freezer (0°F or below) for 6-8 months.





# Tips for Cooking with Dry Beans and Other Pulses

Are you looking for ways to incorporate dry beans and other pulses in your kitchen routine but wanting to shorten cooking time? 'Pulses' include dry beans, in addition to chickpeas, dry peas, black-eyed peas, and lentils. Here are some helpful tips!



## Soak

Soaking gives pulses time to soak up water before you begin cooking, shortening cooking time. However, avoid using hard water because it can prevent pulses from softening.



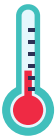
## Add Salt

There is a common myth that adding salt prevents dry beans from softening. However, adding salt actually shortens cooking time and can improve appearance by helping prevent pulses from bursting open during cooking. Plus, it adds flavor.



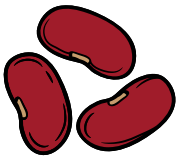
## Hold Acidic Ingredients Until the End

Acidic ingredients—like lemon juice or tomatoes—can prevent pulses from softening. If you are adding a large amount of acidic ingredients, wait until the end, when the pulses have already softened.



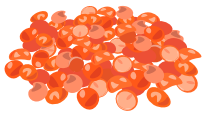
## Store Beans Well

Pulses that have not been stored properly can dry out sooner and will become harder to cook. Store pulses in a well-sealed container in a cool, dark, dry place.



## Find Fresh Beans

As pulses age, they lose moisture. The drier they become, the longer it can take for them to cook, and eventually it may be almost impossible to get them to soften, even with extended cooking. Try to purchase pulses that have been harvested more recently.



## Pick Your Pulse

Some pulses cook much faster than others. For example, lentils do not need to be soaked and they cook quickly, especially red lentils.



## Remember Elevation

Pulses take longer to cook at higher elevations, so a pressure cooker can be your friend and speed up cooking. Cooking times need to be adjusted accordingly, even in an electric pressure cooker. The recommendation is to increase cooking time by 5% for every 1,000 feet above 2,000 feet elevation, so cooking at 7,000 feet above sea level may take 25% longer.

## Fun in the Kitchen! Food Science in Action

Save the aquafaba, or the cooking liquid from different pulses. It whips up like egg whites and can be used as a vegan egg white substitute.





## Recipe Index

You will find 14 recipes under each of the four categories: Breakfasts, Lunches, Snacks & Sweets, and Dinners. Of course, that is not to say you cannot enjoy these dishes at any time of day. Feel free to experiment – that’s part of the fun! Substitute different types of beans, put your own spin on things, and have some delicious culinary adventures.

### Breakfasts

[Strawberry Banana Bean Smoothie](#)

[Chickpea Flour Scramble](#)

[Chocolate Black Bean Smoothie](#)

[Apple Cinnamon Lentil Porridge](#)

[Carrot Cake White Bean Oatmeal](#)

[Beans on Toast](#)

[Chickpea Flour Everything Bagel Savory Muffins](#)

[Pinto Bean Shakshuka](#)

[Chickpea Dutch Baby](#)

[Black Bean Breakfast Burrito](#)

[Savory Chickpea Flour Waffles](#)

[Blueberry Banana White Bean Oats](#)

[Chickpea Flour Frittata](#)

[Beany Breakfast Hash](#)

### Lunches

[White Bean Waldorf Salad](#)

[Multi-Bean Salad](#)

[Bean and Tuna Salad Wrap](#)

[Bean and Cheese Burrito](#)

[Rocky Mountain “Caviar”](#)

[Black Bean Salad](#)

[Herby Bean Toast](#)

Bean and Rice Salad

Lentil Tacos

Mediterranean Chickpea Salad

Super Simple Pinto Bean Burger

Beany Salad Wrap

Mayocoba Stuffed Sweet Potatoes with Tahini Yogurt Sauce

Bean and Rice Stew

### **Snacks & Sweets**

Olive Bean Dip

Roasted Chickpeas

Black Bean Brownies

Savory Chickpea Bread

Buffalo Chickpea Dip

Peanut Butter and Chocolate Chunk White Bean Blondies

Artichoke Bean Dip

Pinto Pumpkin Dip

Snickerdoodle Hummus

Chocolate Cherry Mayocoba Bean Bars

Split Pea Hummus

Mayocoba Bean Cookie Dough Dip

Lentil Bruschetta with Tomatoes, Basil, and Feta

Black Bean Chocolate Mousse

### **Dinners**

Turkey and Bean Skillet

Zesty Salsa Chicken Lentil Pasta

Bean and Quinoa Harvest Salad

Ginger Chicken and Beans

Bean and Sweet Potato Bake

Lentil Curry

Bean and Turkey Quesadilla

White Bean Chicken Chili

Lentil, Broccoli, and Shrimp Sheet Pan Dinner

Chicken and Bean Bake

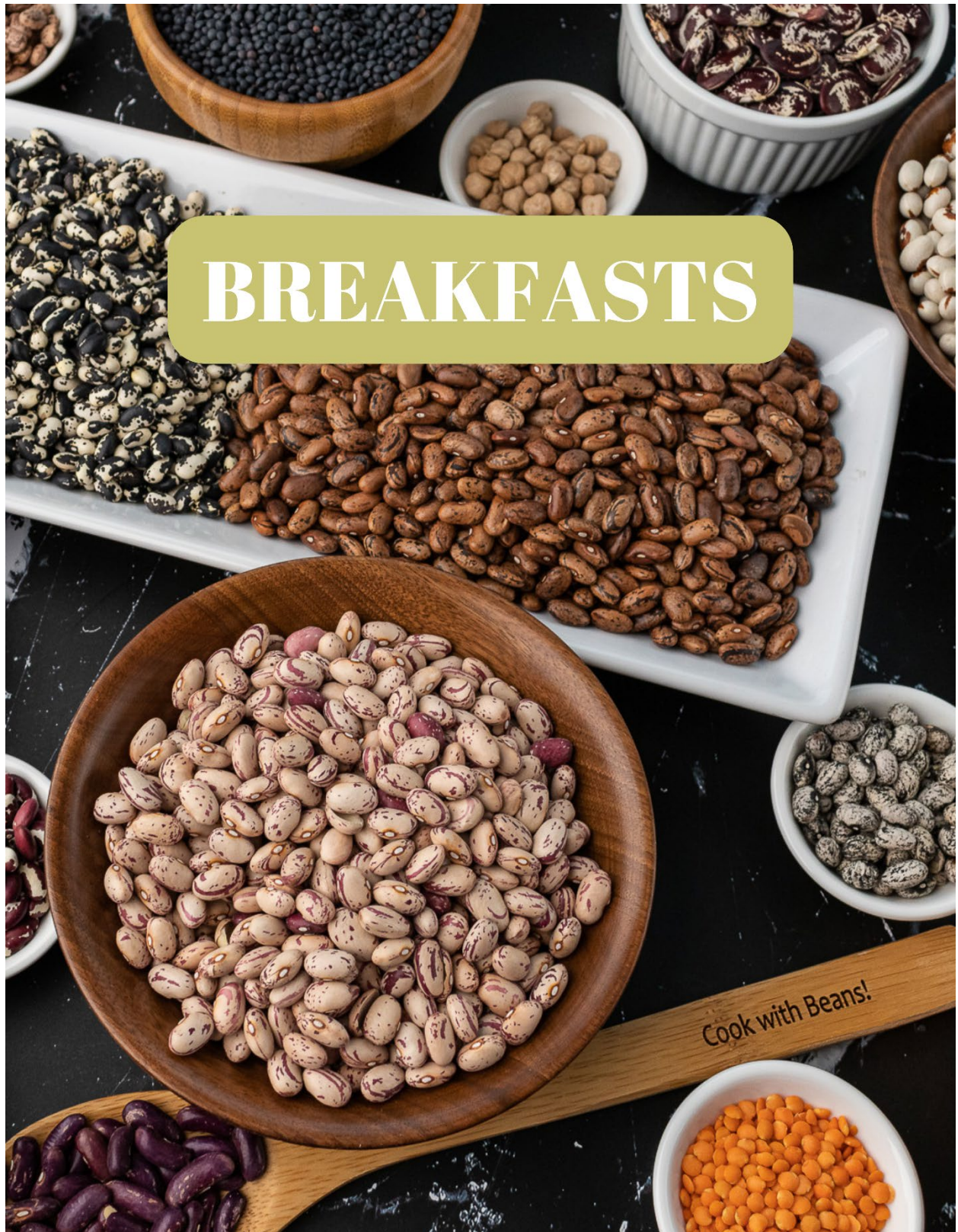
Pinto and Ham Soup

Chicken and Pasta with Beans

Creamy Lentil Pasta

Summery Split Pea and Tomato Salad





## Strawberry Banana Bean Smoothie

*Serves: 4*

*Approximate time: 10 minutes*



*Photo credit: Suzanne Sarah F*

### Ingredients:

- 2 cups (~288 g) Strawberries (fresh, or frozen for a thicker smoothie)
- 4 (~472 g) Bananas (over-ripe, frozen) *\*See note*
- 2 cups (~354 g) Cooked Mayocoba beans – *recommend no salt added for this smoothie*
- 1 cup (~244 g) Low-fat (1%) milk, or milk of choice
- ½ cup (~123 g) Plain, low-fat regular or Greek yogurt (or vanilla, strawberry, or strawberry banana yogurt for a sweeter smoothie)
- Optional additions for a sweeter smoothie: Drizzle of honey or maple syrup, a couple Medjool dates, ½ cup of pineapple juice (will make the smoothie less thick)

### Instructions:

1. If using frozen strawberries in addition to the frozen banana, you may want to give the fruit a few minutes to defrost, to make it easier to blend. If you have a high-powered blender, this may not be necessary.
2. Drain and rinse the beans very well.
3. Add the beans, milk, and yogurt to a high-powered blender or food processor and puree until smooth.



4. Add the fruit and puree again until desired texture is reached.
5. Taste and adjust if necessary by adding in optional sweetener.
6. Serve immediately.

**Notes:**

- *\*It is important to use very over-ripe bananas for this recipe because that is what contributes the sweetness. Peel the over-ripe banana and freeze it before making this smoothie. Breaking it into chunks before freezing will make it easier to blend.*
- Many taste testers like this with 3 cups of beans instead of just 2! Plus, if you are using canned beans, that uses 2 full cans instead of having a partial can left. Try with 2 cups to begin and add extra beans to taste.
- **Citizen scientist tip:** Freeze leftovers and use them like ice cream. You will need to let them slightly thaw first.

Nutrition Facts			
Serving Size 1.00 serving(s) (370g)			
Amount Per Serving			
Calories	300	Calories from Fat	24
% Daily Value			
Total Fat	2.6g		3 %
Saturated Fat	1.1g		5 %
Trans Fat	0.0g		
Cholesterol	4.9mg		2 %
Sodium	54.6mg		2 %
Total Carbohydrate	60.1g		22 %
Dietary Fiber	13.7g		49 %
Sugars	23.6g		
Protein	13.5g		
Vitamin A	4 %	Calcium	16 %
Vitamin C	60 %	Iron	16 %

Recipe from A Legume a Day: <https://alegumeaday.com/summer-white-bean-smoothie/>

## Chickpea Flour Scramble

*Serves: 4*

*Approximate time: 25 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 1 cup (~120 g) Chickpea flour
- 1 and 1/3 cups (~314 g) Water *\*See note*
- 1/3 cup (~20 g) Nutritional yeast
- ½ - 1 tsp Chili powder, to taste
- Pinch of Turmeric (optional, but helps achieve a more egg-like color)
- ½ tsp Salt
- ¼ tsp Black pepper
- ½ cup (~80 g) Marinated artichoke hearts – *recommend jarred over canned*
- ¼ cup (~45 g) Sun-dried tomatoes
- 1 Garlic clove
- ½ cup (~68 g) Green peas (frozen or fresh)
- 4 tsp Olive oil, divided
- 1 (~134 g) Avocado
- Other potential vegetables to add to the sauté: Diced onion, spinach, Swiss chard, mushroom (optional)
- Optional toppings: Fresh herbs, cheese

### Instructions:

1. Add chickpea flour, water, nutritional yeast, chili powder, turmeric (if using), salt, and pepper to a bowl and whisk together well. It is a relatively thin batter.
2. Let the mixture sit for 10-15 minutes so the chickpea flour becomes more fully hydrated. During this time, prepare the vegetables. Chop the artichoke hearts and sun-dried tomatoes into your desired bite size. Mince the garlic.
3. In a **non-stick** skillet over medium heat, cook the artichoke hearts, sun-dried tomatoes, garlic, and green peas in 2 tsp olive oil.
4. When warmed through, add the remaining 2 tsp of olive oil to the pan. Then add the chickpea flour batter. Rotate the pan so the mixture spreads out evenly.
5. Cook for a few minutes, until you can see the edges are cooked and the middle is firming up. Then, using a spatula, break up the mixture to resemble scrambled eggs.
6. Continue cooking until the batter is no longer moist and the chickpea flour scramble has begun to brown. Taste for seasoning and adjust if needed.
7. Cube or slice the avocado, according to your preference. Serve the chickpea flour scramble warm, topped with avocado and any other desired garnishes.

### Notes:

- *\*For extra flavor, replace some of the water with artichoke marinade.*
- For a burst of flavor and color, try adding chopped herbs to the chickpea flour batter.

Nutrition Facts			
Serving Size 1.00 serving(s) (197g)			
Amount Per Serving			
Calories	282	Calories from Fat	121
% Daily Value			
Total Fat	13.4g		17 %
	Saturated Fat	1.5g	7 %
	Trans Fat	0.0g	
Cholesterol	0.0mg		0 %
Sodium	629.2mg		27 %
Total Carbohydrate	31.4g		11 %
	Dietary Fiber	9.8g	35 %
	Sugars	2.1g	
Protein	9.9g		
Vitamin A	7 %	Calcium	4 %
Vitamin C	13 %	Iron	19 %

Recipe adapted from A Legume a Day: <https://alegumeaday.com/savory-and-simple-chickpea-flour-scramble/>

## Chocolate Black Bean Smoothie

*Serves: 4*

*Approximate time: 10 minutes*



*Photo credit: Arsh J*

### Ingredients:

- 2 cups (~344 g) Cooked black beans – *recommend no salt added or reduced sodium for this smoothie*
- 1 cup (~244 g) Low-fat (1%) milk, or milk of choice
- ½ cup (~123 g) Plain, low-fat regular or Greek yogurt (or vanilla yogurt for a sweeter smoothie)
- 4 (~472 g) Bananas (over-ripe, frozen) *\*See note*
- 4 Tbs (~20 g) Cocoa powder (unsweetened)
- Optional additions for a sweeter smoothie: Drizzle of honey or maple syrup, a couple Medjool dates
- For a richer smoothie: Add a large spoonful of peanut butter (optional)

### Instructions:

1. Drain and rinse the black beans very well.
2. Add the beans, milk, and yogurt to a high-powered blender or food processor and puree until smooth.
3. Add the banana and cocoa powder and puree to desired texture.
4. Taste and adjust if necessary by adding in optional sweetener and/or peanut butter.
5. Serve immediately.



**Notes:**

- *\*It is important to use very over-ripe bananas for this recipe because that is what contributes the sweetness. Peel the over-ripe bananas and freeze before making this smoothie. Breaking into chunks before freezing will make the banana easier to blend.*
- Many taste testers like this with 3 cups of beans instead of just 2! Plus, if you are using canned beans, that uses 2 full cans instead of having a partial can left. Try with 2 cups to begin and add extra beans to taste.

Nutrition Facts			
Serving Size 1.00 serving(s) (301g)			
Amount Per Serving			
Calories	276	Calories from Fat	24
% Daily Value			
Total Fat	2.7g		3 %
Saturated Fat	1.4g		7 %
Trans Fat	0.0g		
Cholesterol	4.9mg		2 %
Sodium	51.5mg		2 %
Total Carbohydrate	55.7g		20 %
Dietary Fiber	12.5g		45 %
Sugars	20.1g		
Protein	13.6g		
Vitamin A	4 %	Calcium	13 %
Vitamin C	12 %	Iron	16 %

Recipe from A Legume a Day: <https://alegumeaday.com/chocolate-banana-black-bean-smoothie/>

## Apple Cinnamon Lentil Porridge

*Serves: 4*

*Approximate time: 30 minutes*



*Photo credit: Beth T*

### Ingredients:

- 1 cup (~200 g) Dry red lentils
- $\frac{3}{4}$  tsp Salt
- 2 (~364 g) Apples – *recommend a tart apple, like a Pink Lady or Granny Smith*
- 1 cup (~244 g) Low-fat (1%) milk, or milk of choice
- 1 tsp Cinnamon, plus more for serving
- 1 tsp Vanilla extract
- $\frac{1}{4}$  tsp Nutmeg (optional)
- 1 Tbs (~20 g) Maple syrup, or to taste
- $\frac{1}{2}$  cup (~69 g) Almonds (chopped or sliced) – *use toasted for extra flavor*
- Vanilla or plain yogurt, for serving (optional)

### Instructions:

1. Rinse and sort red lentils. Add 1 cup of lentils and the salt to 2 and  $\frac{1}{2}$  cups of water and bring to a boil (normally you would cook in 3 cups of water, but 1 cup of milk will be added in the next step). Reduce to a simmer and cook until tender and water is absorbed, approximately 15 minutes, stirring occasionally.
2. While waiting, chop the apples according to your preferred apple size in porridge. You will add them in the next step, but reserve some apple for topping bowls if desired.

3. Add the milk, cinnamon, vanilla extract, nutmeg, and maple syrup to the lentils and stir. For a smoother porridge texture, puree half of the lentils before continuing the recipe (optional). After pureeing the lentil porridge (if you decide to do so), add in the apple.
4. Bring to a boil and then simmer, stirring occasionally, until the apples have begun to soften and the porridge has thickened. The lentils will break down and the porridge will look almost like cooked oatmeal. While waiting, roughly chop the almonds.
5. Taste for seasoning and adjust if needed.
6. Serve hot, topping each bowl with chopped almonds, apples if reserved some, and an extra sprinkle of cinnamon and maple syrup if desired.
7. If so inclined, serve with a dollop of vanilla or plain yogurt.

#### Notes:

- Red lentils result in a softer, soupier porridge. You can use other lentils (green, brown, black), but these lentils will hold their shape better and have less of a porridge texture.
- Leftovers store well in the fridge and/or freezer. To save time in the morning, cook the night before and reheat. Or, make a large batch and save to have breakfasts ready to go, topping with the almonds and extra drizzle of maple syrup after reheating the porridge.
- For a smoother, more traditional porridge, add some cooked oats and mix in.
- **Citizen scientist tip:** Put a savory spin on this recipe – try adding bites of bacon or ham.

Nutrition Facts			
Serving Size 1.00 serving(s) (227g)			
Amount Per Serving			
Calories	383	Calories from Fat	93
% Daily Value			
Total Fat	10.3g		13 %
Saturated Fat	1.1g		6 %
Trans Fat	0.0g		
Cholesterol	3.1mg		1 %
Sodium	465.0mg		20 %
Total Carbohydrate	56.1g		20 %
Dietary Fiber	11.4g		41 %
Sugars	17.6g		
Protein	17.9g		
Vitamin A	3 %	Calcium	12 %
Vitamin C	5 %	Iron	21 %

Recipe adapted from Lentils.org: <https://www.lentils.org/recipe/creamy-lentils-oats-with-sweetly-spiced-apples/>

## Carrot Cake White Bean Oatmeal

*Serves: 4*

*Approximate time: 25 minutes*



*Photo credit: Alesia F*

### Ingredients:

- 2 cups (~160 g) Old-fashioned oats (dry)
- 2 packed cups (~244 g) Shredded or grated carrots (about 3 - 4 large carrots) – *see step 2*
- 3 cups (~537 g) Cooked white beans (like a great northern, cannellini, or navy bean)
- 2 Tbs (~40 g) Maple syrup
- 2 tsp Cinnamon
- ½ tsp Nutmeg
- 2 tsp Vanilla extract
- ¼ tsp Salt, or to taste
- ½ cup (~55 g) Pecans or walnuts (chopped) – *use toasted for extra flavor*
- 2 Tbs (~28 g) Butter (optional, for a richer oatmeal)
- For a sweeter oatmeal (optional): Chopped dates, grated apple, raisins, brown sugar, extra maple syrup
- Potential toppings (optional): Sliced banana, additional chopped toasted nuts, extra cinnamon

### Instructions:

1. Put a pot of water on to boil the oats, according to package instructions. Generally, to cook 2 cups of old-fashioned oats, you will need about 4 cups of water.
2. While waiting for the water to boil, shred or grate the carrots, depending on your preferred carrot texture and size in carrot cake (shredded are long, thin strips and grated have an almost crumb-like texture).

3. While oats are cooking, drain and rinse the beans. Mash beans in a separate bowl. If necessary, heat them in the microwave for about 30 to 45 seconds to make them easier to mash. For a smoother texture, you can puree them in a food processor instead. If using a food processor, you may need to add a little splash of cooking liquid or water to help them blend.
4. When the oats are almost done cooking (i.e., still a bit chewy – you want to slightly undercook the oats by a couple minutes because you will cook them further after adding the other ingredients), add all ingredients (carrots, mashed beans, maple syrup, spices, vanilla extract, salt, nuts, and butter if using) except the optional toppings to the oatmeal and stir.
5. Heat through until everything is warmed and carrots have softened to desired texture. For more chew to the carrots, this will only take a few minutes. If you want the carrots to completely soften, it may take more like 5-10 minutes. Stir occasionally to prevent sticking, adding a touch more water if needed.
6. Taste for seasoning and adjust if necessary, for instance by adding some brown sugar. Serve hot, sprinkling with optional toppings if desired.

#### Notes:

- If you want more texture to the oatmeal, you can use steel cut oats instead of old-fashioned.
- For an extra creamy oatmeal, cook oats in half milk-half water, or 100% milk. If using milk, be careful to not let the milk burn when cooking – this may require a lower temperature and more stirring.
- To save time in the morning, make a large batch ahead of time and store in the refrigerator.
- **Citizen scientist tip:** Sauté the shredded carrot in the maple syrup to cook off some water and help caramelize the syrup. You would do this in a separate pan, then add it to the oatmeal.

Nutrition Facts			
Serving Size 1.00 serving(s) (262g)			
Amount Per Serving			
Calories	493	Calories from Fat	119
% Daily Value			
Total Fat	13.2g		17 %
Saturated Fat	1.5g		8 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	197.8mg		9 %
Total Carbohydrate	75.2g		27 %
Dietary Fiber	16.3g		58 %
Sugars	10.8g		
Protein	21.5g		
Vitamin A	204 %	Calcium	15 %
Vitamin C	4 %	Iron	41 %

Recipe adapted from the Spruce Eats: <https://www.thespruceeats.com/carrot-cake-oatmeal-recipe-4134266>

## Beans on Toast

*Serves: 4*

*Approximate time: 25 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 2/3 cup (~107 g) Onion (diced; about half an onion)
- 2 Tbs (~28 g) Butter (unsalted or salted), divided
- 1 Tbs (~16 g) Tomato paste
- ½ tsp Ginger (ground)
- ½ tsp Salt, divided
- 3 cups (~513 g) Cooked pinto or white beans *\*See note*
- 1 and ½ cups (~375 g) Tomato puree (1-15.5 oz. can)
- Optional spices for more kick: Chili flakes, chili powder, cayenne, smoked paprika
- 4 slices Whole wheat bread
- Optional toppings: Freshly shredded or grated cheese, fresh herbs like cilantro, parsley, or chives

### Instructions:

1. Finely dice the onion. In a medium-large skillet over medium heat, sauté in 1 Tbs butter, the tomato paste, ginger, ¼ tsp salt, and any desired optional spices.
2. While waiting, drain the beans, reserving the cooking liquid. Rinse if using canned.
3. When the onion is starting to turn translucent and the spices are fragrant, add the tomato puree.
4. After the tomatoes and onions are cooked through and the mixture is bubbling, add the beans and remaining 1 Tbs butter and ¼ tsp of salt. Stir to warm through and coat the beans in the sauce. Taste for seasoning and adjust as needed. Thin with a splash of bean cooking liquid if desired.



5. Serve over freshly toasted bread, along with any desired toppings. If using cheese, you can top the toast with the bean mixture and then broil or toast in a toaster oven or regular oven to melt and crisp the cheese.

**Notes:**

- *\*For an earthier tasting mixture, use pinto beans. For a milder bean flavor, use a white bean like great northern, navy, or cannellini.*
- This is not a sweet recipe for beans on toast. If you like sweeter beans on toast, add a sprinkle of sugar or squirt of honey to the bean and tomato mixture.
- For a richer bean mixture, add an extra 1 or 2 Tbs of butter.
- Make extra bean mixture to have ready to serve over toast for breakfasts during the week.
- **Citizen scientist tip:** Enjoy this for dinner with a side of roasted broccoli.

Nutrition Facts			
Serving Size 1.00 serving(s) (305g)			
Amount Per Serving			
Calories	404	Calories from Fat	87
% Daily Value			
<b>Total Fat</b>	9.7g		12 %
Saturated Fat	4.5g		23 %
Trans Fat	0.2g		
<b>Cholesterol</b>	15.7mg		5 %
<b>Sodium</b>	646.9mg		28 %
<b>Total Carbohydrate</b>	67.1g		24 %
Dietary Fiber	16.7g		60 %
Sugars	10.1g		
<b>Protein</b>	17.2g		
Vitamin A	14 %	Calcium	8 %
Vitamin C	15 %	Iron	31 %

*Recipe adapted from Dr. Terry Hartman*

## Chickpea Flour Everything Bagel Savory Muffins

*Serves: 9*

*Approximate time: 30 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 2 Eggs *\*See note*
- ½ cup (~122 g) Low-fat (1%) milk (can also use whole milk) *\*See note*
- 1 cup (~120 g) Chickpea flour
- ½ tsp Salt – *but if your everything bagel seasoning is salt-heavy, skip salt*
- 1 tsp Baking powder
- 2 Tbs Everything bagel seasoning, divided – 1 Tbs in the batter, 1 Tbs for topping
- 2 Tbs (~27 g) Neutral oil, like vegetable or canola
- 2 - 4 Tbs (~42 - 84 g) Honey – *use 3 or 4 Tbs if you prefer sweeter muffins*
- Cooking spray (optional)
- Serving suggestion: Serve alongside a breakfast of eggs and sausage, or cut in half and spread on melted butter. These muffins also go well with soup for a meal later in the day.

### Instructions:

1. Preheat oven to 375°F. If possible, bring your eggs and milk to room temperature (or at least warmer than refrigerator temperature) to make it easier to whisk together the wet ingredients.
2. In a large bowl, combine dry ingredients: chickpea flour, salt, baking powder, and 1 Tbs everything bagel seasoning.
3. In a medium bowl, whisk together wet ingredients: eggs, milk, oil, and honey. For a sweeter muffin, use 3 or 4 Tbs of honey instead of just 2 Tbs. If your milk and eggs are cold, it may take some whisking to incorporate the honey. Add the wet ingredients to the dry ingredients, mixing until all the chickpea flour has been moistened. Mix until the batter is smooth or very few lumps remain.
4. Spray a muffin tin or use muffin papers. Then, divide the batter evenly – this will make 8 to 9 muffins. They do rise a fair amount, so do not fill all the way to the brim but more like 2/3- to ¾-full.
5. Sprinkle the muffins evenly with the remaining 1 Tbs everything bagel seasoning (about ½ tsp per muffin).
6. Bake for approximately 13-17 minutes, or until the muffins are just set in the middle and the edges are golden brown. Avoid overbaking, as it makes the muffins crumblier. Cool slightly before removing from the pan. Enjoy warm.

### Notes:

- *\*Bringing your eggs and milk up to room temperature before adding the honey and mixing will make it much easier to incorporate the honey.*
- You can make your own everything bagel seasoning using flaky sea salt, poppy seeds, black and/or white sesame seeds, dehydrated onion, and dehydrated garlic.
- Store leftovers in an airtight container in the refrigerator for up to four days, and warm before serving.

Nutrition Facts			
Serving Size 1.00 serving(s) (49g)			
Amount Per Serving			
Calories	124	Calories from Fat	48
% Daily Value			
Total Fat	5.3g		7 %
Saturated Fat	0.9g		4 %
Trans Fat	0.0g		
Cholesterol	42.0mg		14 %
Sodium	281.1mg		12 %
Total Carbohydrate	15.0g		5 %
Dietary Fiber	2.5g		9 %
Sugars	5.2g		
Protein	4.3g		
Vitamin A	2 %	Calcium	6 %
Vitamin C	0 %	Iron	7 %

Recipe adapted from Power Hungry: <https://www.powerhungry.com/2016/06/15/chickpea-flour-soda-bread-vegan-grainfree/>

## Pinto Bean Shakshuka

*Serves: 4*

*Approximate time: 35 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 1 cup (~160 g) Onion (chopped; about half an onion)
- 2 Tbs (~27 g) Neutral oil, divided
- 2 cups (~342 g) Cooked pinto beans
- 2 Garlic cloves
- 1 tsp Cumin
- ¼ - ½ tsp Chili flakes, or to taste
- ½ tsp Salt, or to taste
- 28 oz. (~794 g) Canned tomatoes with their juices (diced or whole)
- 2 Tbs (~6 g) Chives (fresh; diced) or 2 - 3 Green onions
- ¼ cup (~4 g) Cilantro (chopped; optional)
- 1 tsp Smoked paprika
- 4 Eggs
- ½ cup (~56 g) Feta cheese (crumbled) *\*See note*
- Serving suggestions: Pita, toast, or a crusty piece of bread

### Instructions:

1. Finely chop the onions, so the smaller pieces will distribute well into the dish. In a large skillet that has a lid, sauté the onions in 1 Tbs oil over medium heat, stirring occasionally.

2. While waiting, drain the pinto beans and rinse if using canned. Mince the garlic.
3. When the onions have turned translucent, add the garlic, cumin, chili flakes, and remaining salt and sauté until fragrant, about 1 minute. Then, add the remaining 1 Tbs oil and the tomatoes and simmer for about 10 minutes. If using whole canned tomatoes, break up the tomatoes with a spoon so they are in large chunks (or your preferred bite size) and not completely whole. You may want to put the lid on to prevent the tomato juices from splattering.
4. While waiting, finely dice the chives/green onions and roughly chop the cilantro.
5. Add the pinto beans and smoked paprika to the tomato mixture and warm through. Taste for seasoning and adjust if needed.
6. Using a spoon, make 4 holes in the bean and tomato mixture for the eggs. If the holes fill with tomato juice, that is okay. Crack 1 egg into each. Sprinkle on salt and pepper if desired. Leave on medium-low heat and cover with the lid until the eggs are cooked.
7. Before serving, sprinkle over the feta, chives/green onions, and cilantro.
8. Serve warm, with freshly toasted pita or bread if desired.

#### Notes:

- *\*If you can find a block of feta and crumble it yourself, it is generally much more flavorful and can also be more affordable.*
- For an extra kick, use fire-roasted tomatoes instead of regular canned tomatoes.
- If you have extra bell pepper that needs to be used up, sauté some with the onion.
- **Citizen scientist tip:** If you find the tomatoes too acidic, you can mellow them out with a teaspoon of sugar.

Nutrition Facts			
Serving Size 1.00 serving(s) (401g)			
Amount Per Serving			
Calories	342	Calories from Fat	142
% Daily Value			
Total Fat	15.8g		20 %
	Saturated Fat	4.4g	22 %
	Trans Fat	0.0g	
Cholesterol	196.0mg		65 %
Sodium	759.0mg		33 %
Total Carbohydrate	34.7g		13 %
	Dietary Fiber	12.5g	45 %
	Sugars	7.3g	
Protein	18.8g		
Vitamin A	30 %	Calcium	14 %
Vitamin C	34 %	Iron	24 %

Recipe adapted from Budget Bytes: <https://www.budgetbytes.com/smoky-white-bean-shakshuka/>



## Chickpea Dutch Baby

*Serves: 2*

*Approximate time: 30 minutes*



*Photo credit: Marietta R*

### Ingredients:

- ¾ cup (~183 g) Low-fat (1%) milk, or milk of choice – *helps to bring to room temperature*
- 3 Eggs – *helps to bring to room temperature*
- 2/3 cups (~80 g) Chickpea flour
- ¼ tsp Salt
- 3 Tbs (~43 g) Butter (unsalted or salted)
- Optional toppings for a savory Dutch baby:
  - Shredded or grated parmesan or other salty, savory cheese – *shredding/grating your own is more flavorful and will melt better than pre-shredded*
  - Herbs
  - Ham
  - Sautéed vegetables – added on top or served on the side
- Optional toppings for a sweet Dutch baby:
  - Maple syrup
  - Fruit of choice (thin apple slices or diced apple, whole or halved berries)
  - Powdered sugar
  - Cinnamon-sugar mix

### Instructions:

1. It is ideal to first bring your milk and eggs to room temperature. This will help the Dutch baby rise better.
2. Place a 10" cast iron pan on the center rack of the oven, then preheat to 450°F.



3. In a large bowl, whisk together the milk and eggs very well. Then, add the chickpea flour and salt and whisk until smooth. This is a thin batter.
4. Cube the butter. Having the butter in smaller pieces will help it melt more evenly and quickly in step 6.
5. While waiting for the oven to preheat, prepare your toppings. If using delicate herbs like chives, you can also add some directly to the batter, in addition to or instead of as a topping. Some toppings are better added directly on top of the batter during baking (like cheese and ham on a savory Dutch baby and berries or apples on a sweet Dutch baby). Other toppings – like a sprinkling of fresh herbs for a savory Dutch baby or a drizzle of maple syrup for a sweet Dutch baby – can be added after baking, right before serving.
6. When the oven is fully preheated, *carefully* pull out the cast iron pan (*it is very hot!*) using oven mitts and add the butter, swirling the pan to melt the butter. Immediately add the batter to the pan and top with any toppings that should also be baked. Return to the oven as quickly as possible.
7. Bake for 15-20 minutes, or until golden brown and crispy around the edges and on the bottom, with nicely melted and golden-brown cheese if using.
8. Garnish with any other desired toppings. Slice and serve hot.

#### Notes:

- This is the base recipe for a Chickpea flour Dutch baby, so you can personalize it to suit your tastes.
- If you have a very large cast iron skillet (12-inch or larger), you can double the recipe to make 4 servings. In this case, 4 Tbs of butter should be sufficient (rather than doubling the 3 Tbs to 6 Tbs), but you can use 6 Tbs if you prefer.
- The nutrition facts are for a Dutch baby that includes ¼ cup grated cheese as a topping. This recipe is for 2 large servings, but you could instead serve 3 or 4 smaller servings.

Nutrition Facts			
Serving Size 1.00 serving(s) (239g)			
Amount Per Serving			
Calories	500	Calories from Fat	271
% Daily Value			
Total Fat	30.1g		39 %
Saturated Fat	15.2g		76 %
Trans Fat	0.8g		
Cholesterol	338.0mg		113 %
Sodium	620.2mg		27 %
Total Carbohydrate	34.5g		13 %
Dietary Fiber	6.7g		24 %
Sugars	6.4g		
Protein	22.2g		
Vitamin A	24 %	Calcium	22 %
Vitamin C	0 %	Iron	23 %

Recipe from A Legume a Day: <https://alegumeaday.com/chickpea-dutch-baby/>

## Black Bean Breakfast Burrito

*Serves: 4*

*Approximate time: 30 minutes*



*Photo credit: Terry F*

### Ingredients:

- 1 cup (~160 g) Onion (chopped; about half an onion)
- 1 (~212 g) Russet potato, or potato of choice
- 1 Garlic clove or ½ tsp Garlic powder
- 1 Tbs Neutral oil + oil needed to scramble eggs
- 2 cups (~344 g) Cooked black beans
- ½ cup (~56 g) Cheddar cheese (shredded), or cheese of choice *\*See note*
- 1 tsp Tabasco/hot sauce of choice, or to taste
- 4 Eggs
- Salt and pepper, to taste
- 4 Tbs (~64 g) Salsa
- 4 Whole wheat tortillas (8-inch, or next size larger to make it easier to fold)

### Instructions:

1. Chop the onion and potato to your desired bite size in a burrito. A smaller chop/dice will cook faster. Mince the garlic if using fresh.
2. Sauté the onion, potato, and garlic in the oil in a medium-large skillet (non-stick can be helpful with these ingredients) over medium heat with a pinch of salt. Stir occasionally and add a touch of water if things start to stick. It will take approximately 15 minutes to cook through.

3. While waiting for the onions and potatoes to cook, drain the black beans. Rinse if using canned. Shred the cheese.
4. Once the onions have turned translucent and the potatoes are cooked through, add the black beans and Tabasco/hot sauce and warm through. Taste for seasoning and adjust if needed.
5. In a small bowl, whisk the eggs with a pinch of salt and pepper. At this point, you can cook the eggs one of two ways.
  - a. One: add the eggs to the bean mixture and cook through. This will result in the eggs spread over the vegetables and no real chunks of egg.
  - b. Two: if you want distinct bites of eggs, do not add the eggs to the bean and vegetable mixture. Instead, cook the eggs in a separate pan with a bit of oil.
6. Place the cheese in the center of the tortillas (~2 Tbs cheese per tortilla), leaving room around the edges to fold the burrito. Warm the tortillas using your preferred method (skillet, oven, microwave, etc.) so the cheese melts. Then, move them to a plate and top with the scrambled eggs, salsa, and your bean mixture. Roll burritos and serve, warming in a skillet to crisp the tortilla if desired.

#### Notes:

- *\*If you get a block of cheese and shred it yourself, it is generally much more flavorful and can also be more affordable.*
- If it is too hard to fold the burrito, you can always serve it open-faced.
- **Citizen scientist tip:** Sauté chopped peppers with the onion and potato mix.

Nutrition Facts			
Serving Size 1.00 serving(s) (310g)			
Amount Per Serving			
Calories	461	Calories from Fat	139
% Daily Value			
Total Fat	15.5g		20 %
Saturated Fat	5.8g		29 %
Trans Fat	0.1g		
Cholesterol	200.0mg		67 %
Sodium	440.2mg		19 %
Total Carbohydrate	59.6g		22 %
Dietary Fiber	12.8g		46 %
Sugars	6.5g		
Protein	22.8g		
Vitamin A	11 %	Calcium	18 %
Vitamin C	16 %	Iron	23 %

Recipe adapted from California Beans: <https://calbeans.org/bean-recipes/black-bean-and-avocado-breakfast-burritos/>

## Savory Chickpea Flour Waffles

*Serves: 4*

*Approximate time: 45 minutes (includes batter resting time)*



*Photo credit: Lia H*

### Ingredients:

- 1 cup (~120 g) Chickpea flour
- ½ cup (~30 g) Nutritional yeast *\*See note*
- ¼ cup (~45 g) Sun-dried tomatoes, in oil (drained)
- 3 Tbs (~41 g) Olive or neutral oil
- 1 and ¼ cups (~305 g) Low-fat (1%) milk (or use whole milk)
- 1 tsp Apple cider vinegar
- 1 and ½ tsp Baking powder
- ¼ tsp Black pepper
- ½ tsp Salt
- ¾ cup (~120 g) Marinated artichoke hearts – *recommend jarred over canned*
- 3 Tbs Artichoke marinade juices
- Cooking spray, for waffle iron
- Serving suggestions: For a quick, tasty, meal at any time of day, these waffles also go well dipped in tomato soup, served on a bed of sautéed greens, or topped with a sun-dried tomato yogurt (sun-dried tomatoes and plain yogurt blended together, with lemon juice and black pepper if desired).

### Instructions:

1. Add chickpea flour, nutritional yeast, sun-dried tomatoes (no need to chop them first), oil, milk, apple cider vinegar, baking powder, black pepper, and artichoke marinade to a high-powered blender or food processor. Puree until smooth.

2. Chop artichoke hearts and add them to the batter. Mix by hand – pureeing it would result in a smooth batter and not leave any tasty bites of artichoke hearts. If stirring by hand is too hard to do inside the blender or food processor, you can either move the batter to a different bowl or just sprinkle the artichoke hearts over the batter after pouring it into the waffle iron.
3. This is a relatively thin batter, and there should be no chickpea flour lumps left after blending. If time allows, let the batter sit for 15 minutes before cooking, to better hydrate the chickpea flour. When you're about 5 minutes away from cooking the waffles, pre-heat your waffle iron.
4. Generously spray or brush pre-heated waffle maker with oil. Add about ¼ of the batter to the waffle maker. In a regular-sized waffle maker, it will not fill the maker, but that is okay. The batter rises to fill it.
5. Cook waffles. This is a delicate batter (there is no gluten), so be gentle when removing the waffles from the waffle iron. This recipe makes about 4 waffles. Serve warm.

#### Notes:

- *\*Please note: If you do not have enough nutritional yeast, do NOT replace that amount with chickpea flour. The two have very different consistencies and cooking properties, and the waffles will not cook correctly.*
- Try adding in extra chopped sun-dried tomatoes with the artichoke hearts for more fillings and bursts of flavor in the waffles.
- You can make extra waffles and freeze them for later. As a savory waffle, these also work well for lunch or dinner.
- **Citizen scientist tip:** Enjoy with a topping like medium-heat mango habanero hot sauce.

Nutrition Facts			
Serving Size 1.00 serving(s) (168g)			
Amount Per Serving			
<b>Calories</b>	352	<b>Calories from Fat</b>	169
% Daily Value			
<b>Total Fat</b>	18.8g		24 %
Saturated Fat	2.9g		14 %
Trans Fat	0.5g		
<b>Cholesterol</b>	3.8mg		1 %
<b>Sodium</b>	455.7mg		20 %
<b>Total Carbohydrate</b>	32.5g		12 %
Dietary Fiber	7.2g		26 %
Sugars	11.5g		
<b>Protein</b>	12.1g		
Vitamin A	6 %	Calcium	17 %
Vitamin C	11 %	Iron	16 %

Recipe from A Legume a Day: <https://alegumeaday.com/savory-chickpea-waffles/>



## Blueberry Banana White Bean Baked Oats

*Serves: 4*

*Approximate time: 60 minutes*



*Photo credit: Jean M*

### Ingredients:

- 2 cups (~354 g) Cooked great northern beans
- 2 (~236 g) Bananas (over-ripe) *\*See note*
- 2 cups (~488 g) Low-fat (1%) milk, or milk of choice
- 1 and ½ tsp Vanilla extract
- ¼ cup (~50 g) Brown sugar (packed)
- 2 cups (~160 g) Old-fashioned oats (dry)
- 1 and ½ tsp Cinnamon
- 1 tsp Baking powder
- ½ tsp Salt – *or only a pinch if using salted beans*
- 2 cups (~290 g) Blueberries
- ½ cup (~55 g) Pecans or walnuts (chopped)
- Cooking spray (optional)

### Instructions:

1. Preheat oven to 375°F.
2. Drain and rinse the great northern beans. Add the beans to a large bowl. Heat them in the microwave for about 30 to 45 seconds, to make them easier to mash. Mash them with a fork or potato masher.
3. Add the banana to the beans and mash.
4. Stir in the milk, vanilla extract, and brown sugar, mixing well.

5. In a medium bowl, mix together the oats, cinnamon, baking powder, and salt.
6. Add the dry ingredients to the bean-banana mixture and stir until moistened.
7. Add most of the blueberries and stir lightly to prevent squishing. Reserve a large handful to sprinkle over the top of the oatmeal.
8. Grease/spray an 8x8 inch pan. Add the bean-oat mixture. Sprinkle the reserved blueberries and nuts over the top.
9. Bake for approximately 45 minutes or until set in the middle and edges are golden brown.
10. Let cool slightly before cutting, to help it better hold its shape. Serve up slices or squares of your beany baked oatmeal.

#### Notes:

- *\*It is important to use over-ripe bananas (think banana bread) for a nice, natural sweetness. If you do not have any, you can use regular bananas in their place, but the dish will taste different, and you may want to add more brown sugar or a drizzle of honey or maple syrup.*
- For a special treat, top with fresh fruit, drizzle with a little honey or maple syrup, or serve with vanilla yogurt.
- **Citizen scientist tip:** Warm up leftovers on a cast iron skillet with butter and topped with a drizzle of maple syrup.

Nutrition Facts			
Serving Size 1.00 serving(s) (413g)			
Amount Per Serving			
Calories	555	Calories from Fat	131
% Daily Value			
Total Fat	14.6g		19 %
	Saturated Fat 2.3g		12 %
	Trans Fat 0.0g		
Cholesterol	6.1mg		2 %
Sodium	353.1mg		15 %
Total Carbohydrate	90.9g		33 %
	Dietary Fiber 15.5g		55 %
	Sugars 36.3g		
Protein	20.7g		
Vitamin A	7 %	Calcium	25 %
Vitamin C	15 %	Iron	27 %

Recipe adapted from the Bean Institute: <https://beaninstitute.com/white-bean-oatmeal/>

## Chickpea Flour Frittata

*Serves: 4*

*Approximate time: 60 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 1 and ½ cups (~180 g) Chickpea flour
- 1 and ½ cups (~355 g) Water
- ½ cup (~30 g) Nutritional yeast, or Freshly grated or crumbled savory cheese (like parmesan, feta, or goat cheese)
- 1 tsp Salt, divided
- ¼ - ½ tsp Black pepper, to taste
- 1 tsp Baking powder
- 2 Tbs Neutral oil, divided
- ½ cup (~80 g) Onion (finely diced)
- 2 cups (~192 g) White mushrooms, or mushroom of choice
- 1 cup (~67 g) Kale or Spinach, whichever you prefer
- ½ cup (~80 g) Marinated artichoke hearts (chopped)
- 2 Tbs (~6 g) Chives (fresh; diced) or 2 - 3 Green onions
- Cooking spray

### Instructions:

1. Preheat the oven to 375°F.
2. In a large bowl, whisk together the chickpea flour, water, nutritional yeast, ½ tsp salt, black pepper, baking powder, and 1 Tbs of the oil.

3. Prep the vegetables – you want a relatively small chop so the vegetables will more evenly distribute in the frittata batter. Finely dice the onion. Quarter or slice the mushrooms, depending on their size and your preferred bite size of mushroom in a frittata. Roughly chop the kale leaves. If using the kale stem, chop it very finely so it will soften. If using spinach, roughly chop large spinach or leave baby spinach as is. Finely chop the artichoke hearts and the chives/green onions.
4. Sauté the diced onion in a medium skillet with the remaining 1 Tbs of oil over medium heat.
5. Once the onion has turned translucent, add in the mushrooms, kale, and remaining salt. If using spinach, wait until vegetables are almost fully cooked to add, allowing a couple minutes for it to wilt. Sauté until vegetables are soft and mushrooms are browned. You do not want to see cooking liquid coming off the vegetables anymore.
6. Add the sautéed vegetables, marinated artichoke hearts, and chives/green onions to the chickpea flour batter and stir well to evenly coat.
7. Spray or grease an 8x8 inch baking dish or a pie dish. Then, pour in the chickpea flour mixture.
8. Bake for approximately 30-40 minutes on the center rack of the oven, or until set in the middle and the edges are turning golden.
9. Allow to cool slightly in the pan to help the frittata hold its shape when cut. Serve warm.

#### Notes:

- Add fresh herbs (like parsley) to the batter and/or top with fresh herbs and a dash of hot sauce, if desired.
- You could also bake this in a muffin tin for mini chickpea flour frittatas.

Nutrition Facts			
Serving Size 1.00 serving(s) (257g)			
Amount Per Serving			
<b>Calories</b>	334	<b>Calories from Fat</b>	116
% Daily Value			
<b>Total Fat</b>	12.9g		17 %
Saturated Fat	1.5g		8 %
Trans Fat	0.3g		
<b>Cholesterol</b>	0.0mg		0 %
<b>Sodium</b>	666.1mg		29 %
<b>Total Carbohydrate</b>	40.2g		15 %
Dietary Fiber	10.6g		38 %
Sugars	7.9g		
<b>Protein</b>	13.8g		
Vitamin A	17 %	Calcium	12 %
Vitamin C	21 %	Iron	23 %

Recipe adapted from Vegan Richa: <https://www.veganricha.com/chickpea-flour-frittata-vegan-frittata/>

## Beany Breakfast Hash

*Serves: 4*

*Approximate time: 45 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 1 cup (~160 g) Onion (chopped; about half an onion)
- 1-lb (~454 g) Red potatoes, or potatoes of your choice
- 2 cups (~226 g) Zucchini or other summer squash (chopped)
- 1 (~119 g) Bell pepper (red, yellow, or orange)
- 2 cups (~192 g) White mushrooms, or mushroom of choice
- 2 Garlic cloves
- 1 Tbs (~14 g) Neutral oil
- 1 tsp Salt, divided
- ¼ - ½ tsp Chili flakes, to taste
- 2 cups (~342 g) Cooked pinto beans
- 1 cup (~156 g) Spinach (frozen) or 2 - 3 cups Fresh spinach *\*See note*
- ½ - 1 tsp Smoked paprika, to taste (optional, but boosts savory flavor)
- 4 Eggs
- Pepper for eggs (optional)
- Optional additions: Fresh herbs, Greek yogurt, freshly shredded or grated cheese, hot sauce

### Instructions:

1. For vegetable chop size, do a smaller dice if you want the vegetables to cook faster and be more evenly distributed. If you want larger bites of vegetables, use a larger, rougher chop. Chop the onions, potatoes, squash, bell pepper, and mushrooms. Mince the garlic.
2. Sauté chopped onion and potato in a large skillet (non-stick preferable) with the oil, ½ tsp salt, and chili flakes over medium heat. Stir occasionally to prevent burning and sticking – using a skillet with a lid will help prevent this. Cook with the lid on and add a splash of water if necessary to prevent from sticking to the pan.
3. Once the onions are translucent, add chopped mushrooms, zucchini, bell pepper, garlic, and another pinch of salt to the skillet, stirring occasionally.
4. While waiting for vegetables to cook, drain the beans; rinse if using canned.
5. Once vegetables have softened, add the spinach, pinto beans, and smoked paprika and heat through.
6. In a small bowl, whisk the eggs with a pinch of salt and pepper. At this point, you can cook the eggs one of two ways.
  - a. One: add the eggs to the bean mixture and cook through. This will result in the eggs spread over the vegetables and no real chunks of egg.
  - b. Two: if you want distinct bites of eggs, do not add the eggs to the bean and vegetable mixture. Instead cook the eggs in a separate pan with a bit of oil. Then, add to the vegetable mixture and lightly fold in.
7. Taste for seasoning and adjust if necessary. Sprinkle with any desired toppings. Serve warm.

### Notes:

- *\*If you prefer hardier greens, like kale or chard, you can use these instead. They take longer to cook than a tender green like spinach, so add them earlier in the recipe.*
- **Citizen scientist tip:** If summer squash is not in season, try using frozen roasted corn in its place.

Nutrition Facts			
Serving Size 1.00 serving(s) (469g)			
Amount Per Serving			
Calories	358	Calories from Fat	85
% Daily Value			
Total Fat	9.5g		12 %
Saturated Fat	2.2g		11 %
Trans Fat	0.0g		
Cholesterol	186.0mg		62 %
Sodium	708.8mg		31 %
Total Carbohydrate	51.5g		19 %
Dietary Fiber	13.1g		47 %
Sugars	6.8g		
Protein	20.5g		
Vitamin A	102 %	Calcium	12 %
Vitamin C	56 %	Iron	27 %

Recipe adapted from Karissa's Vegan Kitchen: <https://www.karissasvegankitchen.com/bean-potato-veggie-breakfast-hash/>





## White Bean Waldorf Salad

*Serves: 4*

*Approximate time: 25 minutes*



*Photo credit: Alesia F*

### Ingredients:

- 1 (~182 g) Apple – *recommend a tart apple, like a Pink Lady*
- 1 cup (~151 g) Grapes
- ¼ cup (~30 g) Walnuts (chopped)
- 1 cup (~100 g) Celery (chopped; about 2 - 3 celery stalks)
- ¼ cup (~29 g) Red onion (diced)
- 2 cups (~354 g) Cooked white beans (like a great northern bean) or Mayocoba beans
- 1 Tbs (~15 g) Lemon juice (about half a lemon)
- 4 Tbs (~55 g) Mayonnaise *\*See note*
- ½ tsp Black pepper, or to taste
- Salt, to taste (optional)

### Instructions:

1. Prepare the salad ingredients, cutting into bite-sized pieces. Chop the apple, halve or quarter the grapes (depending on size), chop the walnuts, slice or chop the celery, and finely dice the red onion. Add to a large bowl and mix.
2. Drain the beans; rinse if using canned. Add to the fruit-vegetable mix and gently stir, so as to not mush the beans.
3. In a small bowl, mix together the lemon juice, mayonnaise, and black pepper. Add to the beans and mix well.
4. Taste for seasoning and adjust as needed.

5. If time allows, let the salad sit in the refrigerator for a few hours so the flavors can blend. Taste for seasoning once more before serving. Serve slightly chilled.

**Notes:**

- *\*For a lighter dressing, you can use regular or Greek yogurt in place of mayonnaise, or a mix of 2 Tbs yogurt and 2 Tbs mayonnaise.*
- This recipe is flexible, so feel free to adjust the ingredient amounts to have more of your favorite Waldorf salad components.
- For an extra tart and refreshing flavor, add more lemon, or even some finely grated lemon zest.

Nutrition Facts			
Serving Size 1.00 serving(s) (229g)			
Amount Per Serving			
Calories	304	Calories from Fat	141
% Daily Value			
Total Fat	15.7g		20 %
	Saturated Fat	2.2g	11 %
	Trans Fat	0.0g	
Cholesterol	5.8mg		2 %
Sodium	111.3mg		5 %
Total Carbohydrate	34.7g		13 %
	Dietary Fiber	8.7g	31 %
	Sugars	13.5g	
Protein	9.3g		
Vitamin A	4 %	Calcium	7 %
Vitamin C	8 %	Iron	13 %

Recipe from A Legume a Day: <https://alegumeaday.com/chickpea-waldorf-salad/>



## Multi-Bean Salad

*Serves: 4*

*Approximate time: 25 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

#### Salad:

- 1 cup (~171 g) Cooked black beans *\*See note if using canned*
- 1 cup (~177 g) Cooked red kidney beans
- 1 cup (~177 g) Cooked great northern beans
- 1 cup (~135 g) Green beans (canned or fresh)
- 1 (~119 g) Bell pepper (red, yellow, or orange)
- 4 Green onions

#### Dressing:

- 2 Tbs (~27 g) Olive or neutral oil, like vegetable or canola
- ¼ cup (~60 g) White vinegar, or vinegar of your choice
- 1 Tbs (~13 g) White sugar
- ¼ tsp Salt
- ¼ tsp Black pepper

### Instructions:

1. Drain the black, red kidney, and great northern beans. Rinse if using canned. Add to a large bowl.
2. Drain the green beans and add to the bowl. See *note\*\** if using fresh.

3. Chop the bell pepper into your desired size for a salad and thinly slice the green onions. Add the bell pepper and green onion to the beans and mix.
4. In a small bowl, whisk the dressing ingredients. Once combined, pour the dressing over the bean mixture and stir to coat evenly.
5. If you have time, allow the bean salad to sit in the refrigerator for several hours before serving so the flavors can combine. Taste before serving and adjust seasoning if needed.
6. Serve slightly chilled.

#### Notes:

- *\*If using canned beans: to use up a full can of each type of bean, make a 1.5X batch. The recipe is flexible, so – for example – you can add a full two bell peppers instead of 1.5 bell peppers if increasing the batch size by 1.5 times. Or, just use two types of beans instead of three – this way, you still get 3 cups of beans total and use up two full cans.*
- *\*\*Using fresh green beans takes longer than canned, but it adds more color and texture to this salad. If using fresh green beans, chop them into bite-sized pieces and blanch them (cook in boiling water for about a minute so they turn bright green and retain their freshness, then dunk in ice water to stop the cooking process).*
- Try switching up the types of pulses you use to enjoy diverse textures and flavors. Using beans of different colors helps make this salad more vibrant.

Nutrition Facts			
Serving Size 1.00 serving(s) (235g)			
Amount Per Serving			
Calories	256	Calories from Fat	69
% Daily Value			
Total Fat	7.7g		10 %
Saturated Fat	1.0g		5 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	241.3mg		10 %
Total Carbohydrate	36.7g		13 %
Dietary Fiber	11.7g		42 %
Sugars	5.9g		
Protein	12.2g		
Vitamin A	8 %	Calcium	6 %
Vitamin C	32 %	Iron	21 %

*Recipe adapted from Jackie Thompson*

## Bean and Tuna Salad Wrap

*Serves: 4*

*Approximate time: 15 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 3 cups (~531 g) Cooked red kidney beans
- ¼ cup (~15 g) Parsley (chopped)
- 1 cup (~150 g) Cherry tomatoes
- 12 oz. (~340 g) Tuna (canned in water, drained)
- 2 Tbs (~28 g) Mayonnaise
- 2 Tbs (~31 g) Lemon juice (about 1 lemon)
- ¼ tsp Black pepper, or to taste
- 4 Whole wheat tortillas (8-inch)
- Optional additions for extra crunch and flavor: Diced jalapeño and/or pepperoncini, salad greens or lettuce, chopped cucumber, diced red or green onion, drained canned corn, pickles

### Instructions:

1. Drain red kidney beans, reserving the cooking liquid. Rinse if using canned. Warm beans in the microwave for about 30 to 45 seconds, so that they are easier to mash. In a large bowl, partially mash to desired texture, as this will help when assembling the wrap to ensure it stays together. Add a touch of the cooking liquid to help achieve desired consistency, if necessary.



2. Finely chop the parsley. Halve or quarter the cherry tomatoes, depending on their size and your preferred bite size in a salad.
3. Drain the tuna. Add tuna, mayonnaise, lemon juice, parsley, and black pepper to the beans, along with any of the optional additions. Stir salad mixture well. Add tomatoes and stir gently so they do not become too mushed. Taste mixture for seasoning and adjust if needed.
4. Spoon mixture onto the tortillas and add the salad greens/lettuce, if using. Roll wraps and serve, toasting in a skillet to crisp the tortilla if desired.

**Notes:**

- Substitute the parsley for another favorite herb of your choice, adjusting the amount used if necessary.
- This bean and tuna salad mixture also works well as an open-faced sandwich, served on a bed of greens, with crackers, or simply enjoyed as is.
- **Citizen scientist tip:** Use slices of garden-fresh tomatoes when in season. If using sliced tomatoes, reserve for wrap assembly.

Nutrition Facts			
Serving Size 1.00 serving(s) (319g)			
Amount Per Serving			
Calories	429	Calories from Fat	79
% Daily Value			
Total Fat	8.8g		11 %
Saturated Fat	2.1g		11 %
Trans Fat	0.0g		
Cholesterol	33.5mg		11 %
Sodium	409.2mg		18 %
Total Carbohydrate	57.6g		21 %
Dietary Fiber	12.1g		43 %
Sugars	4.7g		
Protein	32.6g		
Vitamin A	7 %	Calcium	11 %
Vitamin C	16 %	Iron	32 %

*Recipe adapted from Dr. Terry Hartman*

## Bean and Cheese Burrito

*Serves: 4*

*Approximate time: 10 minutes*



*Photo credit: Beth T*

### Ingredients:

- 3 cups (~513 g) Cooked pinto beans
- 1 cup (~113 g) Cheddar or pepperjack cheese (shredded) *\*See note*
- 1 (~134 g) Avocado
- 4 Whole wheat tortillas (8-inch)
- 8 Tbs (~128 g) Salsa
- 2 oz. (~¼ cup or 57 g) Plain full-fat Greek yogurt – about 1 Tbs per burrito *\*\*See note*
- 2 cups (~144 g) Iceberg lettuce or romaine (chopped or shredded)
- Optional spices to add to beans: Cumin, smoked paprika, chili or chipotle powder, salt
- Optional additions: Hot sauce, cilantro, green onions

### Instructions:

1. Drain pinto beans, reserving the cooking liquid. Rinse if using canned.
2. Warm beans in the microwave for about 1 minute in a medium bowl. Partially mash to desired texture, as this will help when assembling the burrito to ensure it stays together. Add a touch of the cooking liquid to help achieve desired consistency, if necessary. If desired, add spices to the beans.
3. Shred the cheese and slice the avocado.

4. Top the tortillas with cheese, leaving room to fold the edges up into a burrito. Heat the tortillas (skillet, oven, microwave, etc.) so the cheese melts. Then top with the beans, salsa, yogurt, sliced avocado, and lettuce.
5. Roll burritos and serve, toasting in a skillet to crisp the tortilla if desired.

**Notes:**

- *\*If you get a block of cheese and shred it yourself, it is generally much more flavorful and can also be more affordable.*
- *\*\*This will also work with Greek yogurt with a different fat content and with regular plain yogurt. However, regular yogurt can be runnier. You can also use sour cream.*
- **Citizen scientist tip:** Add onions and peppers sauteed in spices (chili powder, chipotle, etc.).

Nutrition Facts			
Serving Size 1.00 serving(s) (317g)			
Amount Per Serving			
Calories	511	Calories from Fat	164
% Daily Value			
<b>Total Fat</b>	18.2g		23 %
Saturated Fat	7.6g		38 %
Trans Fat	0.3g		
<b>Cholesterol</b>	29.8mg		10 %
<b>Sodium</b>	574.5mg		25 %
<b>Total Carbohydrate</b>	66.2g		24 %
Dietary Fiber	17.9g		64 %
Sugars	6.2g		
<b>Protein</b>	24.8g		
Vitamin A	15 %	Calcium	28 %
Vitamin C	6 %	Iron	23 %

Recipe adapted from Bean Institute: <https://beaninstitute.com/recipes/bean-burrito/>

## Rocky Mountain “Caviar”

*Serves: 4*

*Approximate time: 20 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 1 and ½ cups (~258 g) Cooked black-eyed peas
- 1 and ½ cups (~257 g) Cooked pinto or black beans, to preference
- 1 and ½ cups (~246 g) Corn (canned, drained)
- ½ cup (~67 g) Black olives
- 1 (~119 g) Bell pepper – *use the color of your choosing; green has a more vegetal taste and red, orange, or yellow are sweeter*
- ½ cup (~58 g) Red onion (diced; about quarter of a red onion)
- 1 cup (~160 g) Cherry tomatoes
- ¼ cup (~30 g) Pickled jalapeños (jarred)
- ½ cup (~8 g) Cilantro (chopped)
- 1 Garlic clove
- 1 Tbs (~15 g) Lime juice (about half a lime)
- ½ cup (~108 g) Light Italian dressing *\*See note*

**Instructions:**

1. Drain black-eyed peas and pinto or black beans. Rinse if using canned. Put beans in a large bowl.
2. Add drained canned corn to the beans.
3. Chop black olives, dice bell pepper, and finely dice red onion, so that they can evenly distribute in the dish. Halve or quarter the cherry tomatoes, depending on size. Finely dice the jalapeños and chop the cilantro. Add the vegetables and cilantro to the beans.
4. Mince a garlic clove or use a garlic press. Add garlic, lime juice, and Italian dressing to the bean mixture and stir well to evenly coat. Taste for seasoning and adjust if needed.
5. Refrigerate for a few hours if time allows to let flavors blend. Serve room temperature or slightly chilled.

**Notes:**

- *\*You can purchase dressing or make your own with a simple mix of oil, vinegar, salt, pepper, dried spices and herbs, and a sweetener (honey, sugar, etc.).*
- You can serve this as a side or main salad. It also goes well with tortilla chips.

Nutrition Facts			
Serving Size 1.00 serving(s) (300g)			
Amount Per Serving			
Calories	271	Calories from Fat	47
% Daily Value			
Total Fat	5.2g		7 %
	Saturated Fat	1.0g	5 %
	Trans Fat	0.0g	
Cholesterol	0.0mg		0 %
Sodium	585.9mg		25 %
Total Carbohydrate	46.6g		17 %
	Dietary Fiber	12.3g	44 %
	Sugars	9.0g	
Protein	12.9g		
Vitamin A	7 %	Calcium	6 %
Vitamin C	32 %	Iron	25 %

*Recipe adapted from Dr. Marisa Bunning*



## Black Bean Salad

*Serves: 4*

*Approximate time: 25 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 3 cups (~516 g) Cooked black beans
- ¼ cup (~29 g) Red onion (diced) or 3 - 4 Green onions
- 1 cup (~160 g) Cherry tomatoes
- 1 (~119 g) Bell pepper (red, yellow, or orange)
- 3 Tbs (~3 g) Cilantro (chopped)
- 3 Tbs (~46 g) Lime juice (about 2 limes)
- 3 Tbs (~41 g) Olive or neutral oil
- 1 and ½ tsp Cumin
- 1 Garlic clove (optional)
- Salt, to taste

### Instructions:

1. Drain and rinse beans. Add to a large bowl.
2. Prepare the vegetables. Finely dice the onion, halve or quarter the cherry tomatoes (depending on size), and chop the bell pepper into your preferred size in a salad. Chop the cilantro. Add vegetables and cilantro to the beans.
3. Mince the garlic (or use a garlic press), if using. In a small bowl, mix the lime juice, oil, cumin, and garlic.

4. Add the dressing to the bean mixture and stir well. Taste for seasoning and adjust if needed.
5. If time allows, chill in the refrigerator so flavors can blend.
6. Taste before serving and adjust seasoning if necessary. Serve at room temperature or slightly chilled.

**Notes:**

- **Citizen scientist tip:** Add chopped boiled egg and/or crumbled feta.

Nutrition Facts			
Serving Size 1.00 serving(s) (229g)			
Amount Per Serving			
Calories	283	Calories from Fat	101
% Daily Value			
Total Fat	11.2g		14 %
Saturated Fat	1.5g		7 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	6.4mg		0 %
Total Carbohydrate	35.5g		13 %
Dietary Fiber	12.5g		45 %
Sugars	2.7g		
Protein	12.3g		
Vitamin A	4 %	Calcium	4 %
Vitamin C	37 %	Iron	19 %

*Recipe adapted from Dr. Terry Hartman*

## Herby Bean Toast

*Serves: 4*

*Approximate time: 20 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 1 and ½ cups (~258 g) Cooked black-eyed peas
- 1 and ½ cups (~267 g) Cooked great northern beans
- ¼ cup (~11 g) Basil (chopped)
- ¼ cup (~15 g) Parsley (chopped)
- 2 Tbs (~6 g) Chives (fresh; diced) or 1-2 Green onions
- ¼ cup (~54 g) Olive oil
- 2 Tbs (~30 g) Apple cider vinegar
- ½ tsp Black pepper
- ½ tsp Chili flakes
- ½ cup (~56 g) Feta cheese (crumbled) *\*See note*
- Salt, to taste
- 4 slices Whole wheat bread

### Instructions:

1. Drain and rinse the black-eyed peas and beans. Add to a large bowl.
2. Chop the herbs (basil, parsley, chives) to desired size. Add herbs to the beans.
3. In a small bowl, make the dressing. Mix the olive oil, vinegar, pepper, and chili flakes well.
4. Add the dressing to the beans and stir to evenly coat.

5. Add in the crumbled feta and lightly mix. Taste for seasoning and adjust as desired – salt, pepper, etc.
6. If time permits, place in the refrigerator to allow to marinate. If you do so, taste for flavor once more before serving to make any last-minute adjustments. Serving it only slightly chilled or at room temperature will help better bring out the flavors than if it is very cold.
7. Toast bread and spoon the herby beans over the toast.

**Notes:**

- *\*If you can find a block of feta and crumble it yourself, it is generally much more flavorful and can also be more affordable.*
- This dish is also good served as a bean salad, without toast. You can serve by itself or over a bed of lettuce.
- **Citizen scientist tip:** Add vegetables like celery, cucumber, or bell pepper for crunch, and a splash of Italian dressing for extra flavor.

Nutrition Facts			
Serving Size 1.00 serving(s) (218g)			
Amount Per Serving			
Calories	430	Calories from Fat	181
% Daily Value			
Total Fat	20.1g		26 %
	Saturated Fat 4.5g		23 %
	Trans Fat 0.0g		
Cholesterol	10.4mg		3 %
Sodium	465.8mg		20 %
Total Carbohydrate	50.1g		18 %
	Dietary Fiber 12.1g		43 %
	Sugars 7.1g		
Protein	16.9g		
Vitamin A	11 %	Calcium	10 %
Vitamin C	8 %	Iron	25 %

Recipe from A Legume a Day: <https://alegumeaday.com/herby-bean-toast/>

## Bean and Rice Salad

*Serves: 4*

*Approximate time: 45 minutes*



*Photo credit: Suzanne Sarah F*

### Ingredients:

- 2 cups (~390 g) Cooked brown rice
- 3 cups (~516 g) Cooked black beans
- 1 cup (~113 g) Cheddar or pepperjack cheese (shredded) *\*See note*
- 2 Green onions
- 6 cups (~282 g) Romaine lettuce (chopped)
- 2 cups (~512 g) Salsa or pico de gallo
- 2 Tbs (~27 g) Olive or neutral oil
- Optional additions to the salad: Drained canned corn, chopped cilantro, spices such as cumin, smoked paprika, and/or chipotle powder

### Instructions:

1. If you do not have brown rice on hand, cook according to package instructions. To get 2 cups of brown rice, you will need to cook about 2/3 to 1 cup of dry rice.
2. Drain black beans. If using canned, rinse. Add to a large bowl.
3. Shred the cheese and prepare the vegetables. Finely chop the green onions and chop or shred the lettuce into desired size for a salad.
4. To the beans, add the rice, cheese, green onions, lettuce, salsa, and optional additions, saving some green onions to garnish (optional). Stir to combine. Taste for seasoning and adjust if needed.
5. Serve over a bed of lettuce. Or, add the lettuce directly to the beans and rice mixture and stir in before serving. Top with fresh herbs and/or green onions if desired.



**Notes:**

- *\*If you get a block of cheese and shred it yourself, it is generally much more flavorful and can also be more affordable. An aged cheese will add a richer flavor.*
- If desired, you can bake this dish (at around 375°F). Combine beans, rice, salsa, and oil. Then, top with cheese and bake until cheese gets bubbly. Serve with a side of lettuce to add a nice, fresh, cool crunch.
- **Citizen scientist tip:** Add cooked chicken thighs to this salad.

Nutrition Facts			
Serving Size 1.00 serving(s) (460g)			
Amount Per Serving			
Calories	502	Calories from Fat	163
% Daily Value			
Total Fat	18.1g		23 %
	Saturated Fat	6.7g	33 %
	Trans Fat	0.3g	
Cholesterol	28.0mg		9 %
Sodium	1102.6mg		48 %
Total Carbohydrate	65.3g		24 %
	Dietary Fiber	16.9g	60 %
	Sugars	6.8g	
Protein	23.0g		
Vitamin A	142 %	Calcium	24 %
Vitamin C	6 %	Iron	25 %

*Recipe adapted from Dr. Terry Hartman*

## Lentil Tacos

*Serves: 4*

*Approximate time: 30 minutes (if lentils are already cooked)*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 3 cups (~594 g) Cooked lentils – *use a lentil that holds its shape well, like a brown, green, French green, or black lentil, but not red lentils*
- $\frac{3}{4}$  tsp Salt to cook lentils + more, to taste
- 2 cups (~320 g) Onion (chopped; about 1 onion)
- 1 (~119 g) Bell pepper (any color)
- 2 cups (~320 g) Cherry or regular tomato
- 2 - 4 Garlic cloves, to taste
- 1 Tbs Neutral oil
- $\frac{1}{2}$  tsp Cumin
- $\frac{1}{2}$  tsp Chili powder
- 2 cups (~94 g) Romaine lettuce (chopped)
- 1 (~134 g) Avocado
- 1 tsp Smoked paprika (optional, but adds a nice flavor)
- $\frac{1}{2}$  cup (~120 g) Salsa
- 2 Tbs (~31 g) Lime juice (about 1 lime)
- 12 Corn tortillas (3 per person)
- Optional additions: Fresh cilantro, regular or fire-roasted corn (frozen, fresh, or canned)

**Instructions:**

1. If you do not already have cooked lentils on hand, rinse and sort the lentils. Add 1 and ½ cups of lentils and ¾ tsp salt to 4 and ½ cups of water and bring to a boil. Reduce to a simmer and cook until tender and water is absorbed, approximately 15-20 minutes, stirring occasionally and adding more water if needed. This will result in approximately 3-4 cups of cooked lentils. You can save any extra lentils or simply add them to this dish and slightly increase the seasonings. While the lentils are cooking, you can prepare the vegetables.
2. Finely chop the onions and bell peppers, into your desired size for a taco. Halve the cherry tomatoes or roughly chop the regular tomato. Mince the garlic.
3. In a medium-large skillet over medium heat, sauté the onions, peppers, tomato, and garlic in the oil with a pinch of salt, cumin, and chili powder.
4. While waiting, chop the romaine and slice or cube the avocado, per your preference for tacos.
5. When cooked through, add the lentils to the vegetable mix, along with the smoked paprika if using. Add the salsa and fresh lime juice and stir. Taste for seasoning, adjusting as needed.
6. Heat the corn tortillas on a skillet. Then top with the lentil mixture, avocado, lettuce, and any optional additions.

**Notes:**

- The lentil filling is also good on its own, in a burrito, or served with tortilla chips.

Nutrition Facts			
Serving Size 1.00 serving(s) (515g)			
Amount Per Serving			
Calories	489	Calories from Fat	105
% Daily Value			
Total Fat	11.7g		15 %
	Saturated Fat 1.6g		8 %
	Trans Fat 0.0g		
Cholesterol	0.0mg		0 %
Sodium	722.0mg		31 %
Total Carbohydrate	81.7g		30 %
	Dietary Fiber 22.7g		81 %
	Sugars 11.4g		
Protein	21.1g		
Vitamin A	49 %	Calcium	11 %
Vitamin C	56 %	Iron	40 %

Recipe adapted from Plant Based on a Budget: <https://plantbasedonabudget.com/lentil-tacos/>

## Mediterranean Chickpea Salad

*Serves: 4*

*Approximate time: 25 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 2 cups (~328 g) Cooked chickpeas
- ¼ cup (~45 g) Sun-dried tomatoes, in oil
- Half (~52 g) of a Cucumber
- ¾ cups (~120 g) Marinated artichoke hearts (jarred, not canned)
- 1 (~119 g) Bell pepper (red, yellow, or orange)
- ¼ cup (~15 g) Parsley (chopped)
- 2 Green onions
- 2 Tbs - ¼ cup Artichoke marinade, or to taste
- 2 Tbs (~30 g) Lemon juice (about 1 lemon)
- 4 cups (~120 g) Baby spinach or other salad greens (like arugula)
- ½ cup (~56 g) Feta cheese (crumbled) *\*See note*
- Salt and pepper, to taste (optional)
- Chili flakes, to taste (optional)

### Instructions:

1. Drain the chickpeas, rinsing if using canned. Add to a large bowl.
2. Chop the salad fixings into your desired bite size for salads: sun-dried tomatoes, cucumber, artichoke hearts, bell pepper, parsley, and green onions. A smaller chop or dice will disperse more evenly, whereas a larger chop may provide a more satisfying bite of an ingredient. Add ingredients to the chickpeas and mix.

3. Add in the artichoke marinade, starting with just a couple tablespoons, and the lemon juice. Stir well. Taste for seasoning and adjust as needed, for instance by adding salt, pepper, chili flakes, and/or more artichoke marinade.
4. If you have time, let the flavors blend in the refrigerator for several hours. If chilling, taste for seasoning one more time before serving at room temperature or slightly chilled.
5. When ready, serve over fresh spinach and sprinkle with feta cheese.

**Notes:**

- *\*If you can find a block of feta and crumble it yourself, it is generally much more flavorful and can also be more affordable.*
- The marinade from the artichoke hearts helps create a flavorful dressing for this salad.
- Chives work well in addition to or in place of the green onions.

Nutrition Facts			
Serving Size 1.00 serving(s) (227g)			
Amount Per Serving			
Calories	266	Calories from Fat	102
% Daily Value			
Total Fat	11.4g		15 %
Saturated Fat	3.2g		16 %
Trans Fat	0.5g		
Cholesterol	10.0mg		3 %
Sodium	327.6mg		14 %
Total Carbohydrate	31.3g		11 %
Dietary Fiber	8.6g		31 %
Sugars	12.9g		
Protein	11.6g		
Vitamin A	85 %	Calcium	9 %
Vitamin C	71 %	Iron	22 %

Recipe from A Legume a Day: <https://alegumeaday.com/summery-chickpea-salad/>



## Super Simple Pinto Bean Burger

*Serves: 4*

*Approximate time: 30 minutes*



*Photo credit: Lia H*

### Ingredients:

- 2 cups (~342 g) Cooked pinto beans
- 2 Eggs
- 2/3 cup (~75 g) Plain breadcrumbs
- 1 Tbs Neutral oil
- 1 tsp Cumin
- ½ tsp Garlic powder
- ½ tsp Onion powder
- ½ tsp Black pepper
- 1 tsp Smoked paprika (optional)
- ½ tsp Salt – *if using beans cooked in salt and salted breadcrumbs, may only need a small pinch*
- Cooking spray or more oil, to brush patties when baking
- 4 Whole wheat hamburger buns
- Desired hamburger toppings of choosing: Lettuce, tomatoes, ketchup, mustard, BBQ sauce, cheese, etc.

### Instructions:

1. Preheat the oven to 375°F.
2. Drain the beans, saving the cooking liquid. Rinse if using canned. Blot any remaining moisture on the beans with a paper towel, to avoid adding too much liquid to the bean burger mixture. Add beans to a large bowl.
3. Heat beans in the microwave for about 30 to 45 seconds. This will make them easier to mash. Mash the beans, leaving some larger chunks for texture.

4. In a small bowl, beat the eggs by hand.
5. To the mashed beans, add the eggs, breadcrumbs, oil, cumin, garlic powder, onion powder, black pepper, smoked paprika, and salt. Mix well. If the mixture is too dry and won't stay together, add a little splash of bean cooking liquid.
6. This recipe is designed to make 4 patties. However, if desired, you can form smaller or larger patties. If the mixture is too sticky to form into patty shapes, allow it to chill in the refrigerator for about 20-30 minutes so it becomes easier to shape. It can also help to lightly coat your hands in cooking spray to prevent sticking.
7. Line a baking sheet with parchment paper. Place the patties on a baking sheet and lightly brush or spray the top side with oil.
8. Bake for approximately 20 minutes, flipping halfway through (at about 10 minutes). When you flip the patty, lightly brush/spray the side that is now facing upwards with oil. If you shaped thicker burgers, they may take longer to cook. Continue baking until they are cooked through and slightly golden brown.
9. Serve on toasted hamburger buns with desired toppings.

**Notes:**

- If desired, you can pan fry the patties instead of baking them.
- Adding a dash of hot sauce to the pinto bean burger mixture provides an extra flavor kick.
- **Citizen scientist tip:** Try this burger recipe with black beans, too.

Nutrition Facts			
Serving Size 1.00 serving(s) (300g)			
Amount Per Serving			
Calories	451	Calories from Fat	97
% Daily Value			
<b>Total Fat</b>	10.8g		14 %
Saturated Fat	2.1g		10 %
Trans Fat	0.0g		
<b>Cholesterol</b>	93.0mg		31 %
<b>Sodium</b>	956.8mg		42 %
<b>Total Carbohydrate</b>	72.9g		26 %
Dietary Fiber	17.1g		61 %
Sugars	8.2g		
<b>Protein</b>	21.5g		
Vitamin A	16 %	Calcium	16 %
Vitamin C	11 %	Iron	30 %

Recipe adapted from Cooking Channel TV: <https://www.cookingchanneltv.com/recipes/really-simple-bean-burgers-2119434>

## Beany Salad Wrap

*Serves: 4*

*Approximate time: 15 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 2 cups (~354 g) Cooked red kidney beans
- 1 cup (~160 g) Cherry tomatoes
- 2 Green onions
- 1 (~134 g) Avocado
- ¼ cup (~54 g) Light Italian dressing *\*See note*
- 2 cups (~60 g) Baby spinach
- 4 Whole wheat tortillas (8-inch)

### Instructions:

1. Drain red kidney beans; rinse if using canned. Add to a large bowl. Warm them in the microwave for about 30 to 45 seconds to make them easier to mash. Then, slightly mash the beans. This will help the wraps stay together better.
2. Halve or quarter the tomatoes, depending on their size and your preference in a salad. Thinly slice the green onion and cube the avocado. The avocado will mush slightly as you mix it in, so use a larger cube size to start.
3. Add the tomatoes, green onions, avocado, and dressing to the red kidney beans. Stir. Then add the spinach and stir again. Alternatively, you can add the spinach as a layer in

the wrap instead of adding to the bean mixture. Taste for seasoning and adjust if needed.

4. If desired, first warm the tortillas. Then, spoon the red kidney bean mixture on top of the tortillas and wrap, warming in a skillet to crisp the wrap if desired. Serve.

**Notes:**

- *\*If preferred, you can make your own simple dressing. Try ¼ cup vinegar (white or apple cider), 2 Tbs olive oil, 1 Tbs sugar, salt, and pepper. You may have some leftover.*
- If you have fresh herbs on hand (chives, parsley, cilantro), add some for an extra burst of flavor and color. Or, add chopped fresh bell pepper for extra crunch.
- For an extra fresh, zesty taste, add a squeeze of lemon or lime to the bean mixture.
- If it is hard to make a wrap with the 8-inch tortilla and all the filling, pack the wraps less full and serve some of the filling on the side, make them open-faced, or use a larger tortilla.
- Save filling leftovers and enjoy as a salad, no tortilla necessary.
- **Citizen scientist tip:** This recipe also works well with Ranch in place of Italian dressing.

Nutrition Facts			
Serving Size 1.00 serving(s) (243g)			
Amount Per Serving			
Calories	325	Calories from Fat	78
% Daily Value			
Total Fat	8.6g		11 %
	Saturated Fat	1.9g	10 %
	Trans Fat	0.0g	
Cholesterol	0.0mg		0 %
Sodium	289.8mg		13 %
Total Carbohydrate	52.1g		19 %
	Dietary Fiber	12.8g	46 %
	Sugars	5.9g	
Protein	13.3g		
Vitamin A	31 %	Calcium	9 %
Vitamin C	17 %	Iron	25 %

Recipe adapted from Forks Over Knives: <https://www.forksoverknives.com/recipes/vegan-burgers-wraps/avocado-white-bean-salad-wraps/>

## Mayocoba Stuffed Sweet Potatoes with Tahini Yogurt Sauce

*Serves: 4*

*Approximate time: 45 minutes*



*Photo credit: Kim D*

### Ingredients:

- 4 small or 2 medium (~520 g) Sweet potatoes (for 1 small or half of a medium sweet potato per person)
- 1 cup (~160 g) Onion (chopped; about half an onion)
- 1 (~119 g) Bell pepper (red, yellow, or orange)
- 1 Tbs (~9 g) Capers (roughly chopped)
- ¼ cup (~15 g) Parsley (chopped)
- 1 Tbs (~14 g) Neutral oil
- ½ tsp Salt
- ½ tsp Chili flakes, or to taste (optional)
- 2 cups (~354 g) Cooked Mayocoba beans
- 1 cup (~156 g) Spinach (frozen) or 2 - 3 cups fresh Spinach

### Sauce:

- 4 oz. (~½ cup or 113 g) Plain, low-fat Greek yogurt, or fat level of your preference *\*See note*
- ¼ cup (~60 g) Tahini
- 2 Tbs (~31 g) Lemon juice (about 1 lemon)
- 2 tsp (~13 g) Maple syrup
- Salt and pepper, to taste (optional)



### Instructions:

1. Preheat oven to 375°F. Prick sweet potatoes and roast them whole in the oven until tender. If you have large sweet potatoes, cut them in half and roast them cut-side down. Alternatively, if you are short on time, microwave them until tender. They won't be as sweet as if you roast them, but it will still work. Cooking time will depend on the size of the sweet potato.
2. While sweet potatoes are roasting, finely chop the onion and bell pepper into your desired bite size. Roughly chop the capers and finely chop the parsley, so it will distribute into the bean-vegetable mixture well.
3. Sauté the onion and pepper in the oil with the salt and chili flakes in a medium skillet over medium heat, stirring occasionally.
4. Drain the beans, reserving the cooking liquid in case you want to add it to the sauce to thin it out. Once the onion is translucent, add the beans, spinach, capers, and parsley. Warm through. Taste for seasoning and adjust as necessary.
5. In a separate bowl, prepare the sauce by mixing together the yogurt, tahini, lemon juice, maple syrup, and a pinch of salt and pepper. Add a small splash of the bean cooking liquid to thin, if desired. Taste sauce for seasoning and adjust if needed.
6. When the sweet potatoes are done, cut them open and stuff with the bean-vegetable mixture. If using a half sweet potato, simply spoon the bean mixture over the potato. Then, dollop the sauce over and serve.

### Notes:

- *\*For a thinner sauce, you can use a regular yogurt instead of Greek, or add more liquid (lemon juice or small splash of bean cooking liquid or water) to thin.*

Nutrition Facts			
Serving Size 1.00 serving(s) (392g)			
Amount Per Serving			
Calories	424	Calories from Fat	120
% Daily Value			
Total Fat	13.3g		17 %
Saturated Fat	2.2g		11 %
Trans Fat	0.0g		
Cholesterol	2.8mg		1 %
Sodium	465.9mg		20 %
Total Carbohydrate	62.7g		23 %
Dietary Fiber	16.3g		58 %
Sugars	11.6g		
Protein	17.9g		
Vitamin A	471 %	Calcium	17 %
Vitamin C	47 %	Iron	27 %

Recipe adapted from Love & Lemons: <https://www.loveandlemons.com/stuffed-sweet-potatoes/>

## Bean and Rice Stew

*Serves: 4*

*Approximate time: 60 minutes*



*Photo credit: Kate W*

### Ingredients:

- 1 cup (~195 g) Cooked brown rice
- 2 cups (~320 g) Onion (chopped; about 1 onion)
- 2 cups (~244 g) Carrot (chopped; about 3 - 4 large carrots)
- 2 cups (~200 g) Celery (chopped; about 3 celery stalks)
- 2 Garlic cloves, or more to taste
- 12 oz. (~340 g) Beef (stew meat)
- 2 Tbs (~28 g) Butter, divided
- 3 Tbs (~49 g) Tomato paste
- ½ tsp Chili flakes, or to taste (optional)
- ¼ tsp Salt + more salt, to taste
- 4 cups (~876 g) Beef broth (low-sodium, if desired)
- 3 cups (~516 g) Cooked black beans
- 1 - 2 tsp Thyme (fresh, chopped), or to taste
- Optional add-ins: Parmesan rind, other vegetables of your choosing, fresh herbs, a squeeze of fresh lime, black pepper, hot sauce
- Serving suggestion: Serve with cheesy toast (bread with melted cheese)

### Instructions:

1. If you do not have brown rice on hand, cook according to package instructions. To get 1 cup of brown rice, you will need to cook about 1/3 to ½ cup dry rice.
2. Prepare vegetables. Chop the onions, carrots, and celery to your desired bite size in soup/stew. Mince the garlic.

3. Cut the beef into bite-sized pieces. In a medium-large pot, cook the beef in 1 Tbs butter and salt and pepper to taste. Brown the beef and then remove it to a separate bowl.
4. In the same pot, sauté the chopped onions, carrots, celery, and garlic in the beef juices with the remaining 1 Tbs butter, tomato paste, chili flakes, and ¼ tsp salt in a medium-large pot over medium heat.
5. After the onions are beginning to turn translucent, add the broth and put the beef back in the pot. Simmer until vegetables are just starting to turn tender.
6. While waiting, drain the beans, reserving the cooking liquid if using beans cooked at home. Rinse if using canned. Add the beans to the stew. With homecooked beans, adding some of cooking liquid/bean broth can boost the flavor of the soup.
7. Chop the thyme and add to the stew, along with the cooked rice. Simmer for about 10 minutes, or until everything is warmed through and the flavors have combined.
8. Taste for seasoning and adjust if necessary. For example, add salt, pepper, fresh herbs, a squeeze of lime, and/or hot sauce as needed. Serve hot with toast, if desired.

#### Notes:

- *\*There is relatively little liquid left after the rice soaks it up – you can add more beef or bean broth if you prefer more of a soup instead of a stew.*
- If preparing brown rice for this recipe, you can cook up extra and use it in other recipes.
- Remember that you will simmer the soup after adding the beans and rice, so you do not want the carrots to be too mushy/tender before you add the beans.
- **Citizen scientist tip:** To boost the umami flavor, add mushroom powder. Or, try farro instead of brown rice for a slightly different texture and flavor.

Nutrition Facts			
Serving Size 1.00 serving(s) (695g)			
Amount Per Serving			
<b>Calories</b>	474	<b>Calories from Fat</b>	101
% Daily Value			
<b>Total Fat</b>	11.2g		14 %
Saturated Fat	5.6g		28 %
Trans Fat	0.4g		
<b>Cholesterol</b>	69.7mg		23 %
<b>Sodium</b>	891.8mg		39 %
<b>Total Carbohydrate</b>	60.3g		22 %
Dietary Fiber	16.5g		59 %
Sugars	9.5g		
<b>Protein</b>	36.0g		
Vitamin A	216 %	Calcium	10 %
Vitamin C	16 %	Iron	32 %

*Recipe adapted from Dr. Terry Hartman*





## Olive Bean Dip

*Serves: 4*

*Approximate time: 10 minutes*



*Photo credit: Brenda E*

### Ingredients:

- 2 cups (342 g) Cooked pinto beans
- ½ cup (74 g) Green olives (jarred, not canned) *\*See note*
- Olive juices, to taste (to achieve desired flavor and bean dip consistency)
- 2 Tbs (30 g) Lemon juice (about 1 lemon), or to taste
- 1 Garlic clove, or to taste
- Potential additions and/or garnishes: Fresh herbs, pickled jalapeño, sliced olives, spices like smoked paprika or cumin
- Serving suggestions: Vegetables like carrot sticks, cucumbers, or bell pepper, crackers

### Instructions:

1. Drain the beans, reserving the cooking liquid. Rinse if using canned beans.
2. Place the beans, olives, a small splash of olive brine, lemon juice, and garlic in a high-powered blender or food processor.
3. Blend and taste for seasoning, scraping down the sides of the food processor/blender as needed. Add more olive juices as desired. You can also use the bean cooking liquid to help achieve a smoother, thinner dip.
4. Taste for seasoning and adjust as necessary. Potential additions: spices such as smoked paprika or cumin, fresh herbs, and/or additional lemon juice or garlic (optional).
5. Garnish with spices or fresh herbs, if desired. Serve with fresh vegetables and/or whole wheat crackers.



**Notes:**

- *\*Be sure to use an olive that you like, as this is the main flavor of the dip. Jarred olives tend to be more flavorful than canned olives and work much better in this recipe due to their brine. You can use your favorite flavored olives, like a garlic-jalapeño olive. If using canned olives, you may want to add more lemon, garlic, and other seasonings for extra zing. You could also use olives from an olive bar, if desired.*
- Top with freshly chopped herbs for extra color and flavor. You can also drizzle olive oil and sprinkle smoked paprika over the top.
- This recipe is very adaptable and works well with pretty much any bean!

Nutrition Facts			
Serving Size 1.00 serving(s) (112g)			
Amount Per Serving			
Calories	149	Calories from Fat	27
		% Daily Value	
Total Fat	3.0g		4 %
Saturated Fat	0.4g		2 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	247.3mg		11 %
Total Carbohydrate	23.9g		9 %
Dietary Fiber	8.3g		30 %
Sugars	0.6g		
Protein	8.0g		
Vitamin A	0 %	Calcium	4 %
Vitamin C	7 %	Iron	11 %

Recipe adapted from Dr. Henry Thompson: [https://webdoc.agsci.colostate.edu/cropsforhealth/pdf/beaneficial\\_recipes.pdf](https://webdoc.agsci.colostate.edu/cropsforhealth/pdf/beaneficial_recipes.pdf)

## Roasted Chickpeas

*Serves: 4*

*Approximate time: 40 minutes*



*Photo credit: Jan B*

### Ingredients:

- 2 cups (328 g) Cooked chickpeas
- 4 tsp (18 g) Neutral oil, like vegetable or canola
- ½ tsp Salt (optional – may not need if using chickpeas cooked in salt)
- 2 - 4 tsp (4 - 8 g) Curry powder, to taste *\*See note*

### Instructions:

1. Preheat the oven to 400°F.
2. Drain the chickpeas; rinse if using canned. Then, dry them on a clean kitchen towel or paper towel. Blot them to absorb as much of the water as possible – this step is important if you want crispy chickpeas. Feel free to remove skins that fall off, but having some skins is not a problem. In fact, the fallen-off skins may even be the crispiest parts when these are done.
3. In a medium bowl, add the chickpeas, oil, and salt. Stir to coat well.
4. Line a rimmed baking sheet with parchment paper (optional). Then, spread out the chickpeas on the baking sheet.
5. Cook for approximately 20-30 minutes on the center rack of the oven, or until chickpeas are turning golden brown. Carefully remove and add curry powder or spices of your choosing. Curry powder can vary greatly in strength, so use a smaller amount if you have a strong curry powder. Stir to coat and return to the oven for several minutes. This helps the oven bring out the flavor of the spices and helps them bake onto the chickpeas. Note: Every oven is different, so keep an eye on them (especially the first time you make this) to prevent burning but also give them time to dry out and crisp up.
6. Remove from oven when done and, being careful to not burn yourself, taste for seasoning. Add more salt or other spices if necessary.

7. Allow to cool slightly, directly on the baking sheet – this is when they will become crispy. Serve while still somewhat warm or at room temperature.

**Notes:**

- *\*The curry powder used in this recipe was an Indian-style curry powder blend available in the grocery store. If preferred, you can make your own spice blend or use your favorite spices instead of curry powder. For example, cumin and paprika, or a mix of onion and garlic powder with black pepper.*
- These are a good stand-alone snack, and they are also good as a salad topping. To help maintain crispiness, wait to add to salads until right before serving.
- Store leftovers in an airtight container in the refrigerator, but know that leftovers do lose some of their crispiness.

Nutrition Facts			
Serving Size 1.00 serving(s) (89g)			
Amount Per Serving			
Calories	181	Calories from Fat	63
% Daily Value			
Total Fat	6.9g		9 %
	Saturated Fat 0.8g		4 %
	Trans Fat 0.0g		
Cholesterol	0.0mg		0 %
Sodium	297.5mg		13 %
Total Carbohydrate	23.6g		9 %
	Dietary Fiber 7.3g		26 %
	Sugars 4.0g		
Protein	7.6g		
Vitamin A	0 %	Calcium	4 %
Vitamin C	1 %	Iron	15 %

Recipe adapted from Love & Lemons: <https://www.loveandlemons.com/roasted-chickpeas/>

## Black Bean Brownies

*Serves: 9*

*Approximate time: 30 minutes*



*Photo credit: Martha S*

### Ingredients:

- ½ cup (~40 g) Old-fashioned or instant oats (dry) – *if not using a scale, careful to not pack your oats or these may come out a bit dry*
- 1 and ½ cups (~258 g) Cooked black beans
- ¼ cup (~64 g) Peanut butter
- 2 Tbs (~11 g) Cocoa powder (unsweetened)
- 1/3 cup (~72 g) Brown sugar (packed)
- ¼ cup (~55 g) Neutral oil
- 2 tsp Vanilla extract
- 1 tsp Baking powder
- ¼ tsp Salt
- 1 - 2 Tbs (~15 - 30 g) Milk of choice, as needed
- ½ cup (~55 g) Pecans or walnuts (chopped) – *highly recommend using toasted ones*
- ~½ (~42 g) Dark chocolate bar (chopped)
- ¼ cup (~40 g) Dried cherries (chopped; optional)
- Cooking spray (optional)

### Instructions:

1. Preheat the oven to 350°F and get out a muffin pan.
2. Pulse oats in a high-powered blender or food processor to achieve a consistency of oat flour.
3. Drain and rinse the beans well. Add them to the blender/processor.

4. Add peanut butter, cocoa powder, brown sugar, oil, vanilla extract, baking powder, and salt to the blender/processor and blend until smooth, scraping down the sides as needed. This is a very thick batter. However, if it is not blending, you can add 1 or 2 Tbs to help.
5. Chop the chocolate bar, nuts, and cherries if using. Add to the batter and mix by hand – pureeing it would result in a smooth batter and not leave any tasty chunks of mix-ins. If stirring by hand is too hard to do inside the blender or food processor, move the batter to another bowl first. Note that there are no raw eggs or raw flour, so you can taste the batter to see if the flavor is right or you want to add any more chocolate, salt, etc.
6. To prevent sticking, use cooking spray or muffin papers. Pour batter in and smooth the top. This makes 9 brownies. Bake on the center rack of the oven for approximately 12-18 minutes. Brownies are done when they are set in the middle.
7. Let cool slightly before cutting to make sure they hold their shape. They can be served warm, room temperature, or cold. When slightly warm, the chocolate chunks will be pleasantly gooey.

#### Notes:

- Instead of chopping a chocolate bar, you can use chocolate chunks or chips, if preferred.
- Make extras and freeze them for a treat on the go.
- Instead of a muffin pan, you can use an 8x8 pan, brownie pan, mini loaf pan, or mini muffin pan. Baking time will need to be adjusted accordingly – look for when the brownies are set in the middle.
- You can substitute the black beans with red kidney beans and it works very well!
- These nutrition facts are for the recipe with pecans but without cherries.

Nutrition Facts			
Serving Size 1.00 serving(s) (68g)			
Amount Per Serving			
Calories	256	Calories from Fat	148
% Daily Value			
Total Fat	16.4g		21 %
	Saturated Fat 3.0g		15 %
	Trans Fat 0.0g		
Cholesterol	0.0mg		0 %
Sodium	68.5mg		3 %
Total Carbohydrate	23.5g		9 %
	Dietary Fiber 5.0g		18 %
	Sugars 9.9g		
Protein	6.0g		
Vitamin A	0 %	Calcium	5 %
Vitamin C	0 %	Iron	9 %

Recipe from A Legume a Day: <https://alegumeaday.com/chocolate-chunk-black-bean-brownies-with-cherries-and-toasted-pecans/>



## Savory Chickpea Bread

*Serves: 8*

*Approximate time: 45 minutes*



*Photo credit: Helene G*

### Ingredients:

- 3 Eggs *\*See note*
- 1 cup (~244 g) Low-fat (1%) milk (or use whole milk) *\*See note*
- 1 and ½ cups (~180 g) Chickpea flour
- ½ tsp Salt
- 1 tsp Cumin
- 1 tsp Chili powder
- 2 tsp Baking powder
- 1/3 cup (~75 g) Olive or neutral oil
- 2 Tbs (~42 g) Honey
- 1 cup (~164 g) Fire-roasted corn (frozen or canned)
- ¼ cup (~30 g) Pickled jalapeños (jarred)
- 1 Tbs (~3 g) Chives (fresh; diced) or 1 Green onion
- Cooking spray (optional)

### Instructions:

1. If time allows, bring eggs and milk to room temperature. Preheat the oven to 350°F.
2. Mix dry ingredients (chickpea flour, salt, cumin, chili powder, baking powder) in a medium bowl.
3. In a large bowl, whisk the eggs, milk, oil, and honey.

4. If using frozen fire-roasted corn, thaw; if using canned, drain. Finely dice the jalapeños and chives.
5. Add the dry ingredients into the wet. Mix in about half, stir to incorporate, and then add the remaining dry ingredients and stir until all the chickpea flour is moistened.
6. Stir in the corn, jalapeños, and chives. The batter should be average thickness (not very thick, but not overly runny). Some lumps are okay, but try to incorporate the chickpea flour as much as possible.
7. Spray an 8x8 inch baking dish with cooking spray or line with parchment paper. Pour in the batter and bake for approximately 30-35 minutes on the center rack of the oven. Every oven is different, so start checking around 25 minutes. The bread should be set in the middle and slightly golden brown around the edges.
8. Allow to cool slightly in the pan and then cut into squares to serve.

#### Notes:

- *\*Bringing your eggs and milk up to room temperature before adding the honey and mixing will make it much easier to incorporate the honey.*
- If desired, add shredded pepperjack or cheddar cheese to the batter, or sprinkle on top before baking.
- You can also bake these in a muffin tin, mini loaf pan, or even small ramekins. Adjust baking time accordingly.
- This bread goes very well with chili, in place of a traditional cornbread.

Nutrition Facts			
Serving Size 1.00 serving(s) (126g)			
Amount Per Serving			
Calories	246	Calories from Fat	110
% Daily Value			
<b>Total Fat</b>	12.2g		16 %
Saturated Fat	2.0g		10 %
Trans Fat	0.0g		
<b>Cholesterol</b>	71.3mg		24 %
<b>Sodium</b>	276.5mg		12 %
<b>Total Carbohydrate</b>	26.1g		9 %
Dietary Fiber	4.7g		17 %
Sugars	8.5g		
<b>Protein</b>	7.5g		
Vitamin A	6 %	Calcium	10 %
Vitamin C	1 %	Iron	13 %

Recipe from A Legume a Day: <https://alegumeaday.com/savory-mini-chickpea-bread/>

## Buffalo Chickpea Dip

*Serves: 4*

*Approximate time: 15 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 2 cups (~328 g) Cooked chickpeas
- 2 - 3 Tbs (~30 - 45 g) Hot pepper sauce (like Frank's hot sauce)
- 1 Tbs (~15 g) Lemon juice (about half a lemon)
- 2 oz. (~¼ cup or 57 g) Plain, non-fat Greek yogurt *\*See note*
- ½ tsp Dill (dried) or 1 Tbs Fresh dill
- ½ tsp Onion powder
- ½ tsp Parsley (dried) or 1 Tbs Fresh parsley (optional)
- 1 Tbs (~3 g) Chives (fresh; diced) or 1 Green onion (optional, for topping)
- Serving suggestions: Celery, carrot sticks, pretzels, crackers, or chips

### Instructions:

1. Drain and rinse chickpeas, saving the cooking liquid.
2. Add the chickpeas and all the other ingredients except the chives (hot pepper sauce, lemon juice, yogurt, dill, onion powder, and parsley) to a high-powered blender or food processor. Start with 2 Tbs hot sauce and add more later if needed. Puree until smooth or desired texture is reached, scraping down sides as necessary. If needed, use a small splash of the chickpea cooking liquid to thin and help reach the consistency you like. Taste for seasoning and adjust as needed.
3. Finely dice chives. Sprinkle the dip with chives and serve with vegetables and/or pretzels and crackers.

**Notes:**

- *\*This dip will also work with Greek yogurt with a different fat content and with regular plain yogurt. However, regular yogurt tends to be runnier than Greek yogurt and can impact the final texture.*
- Try with blue cheese crumbles sprinkled over the dip.

Nutrition Facts			
Serving Size 1.00 serving(s) (109g)			
Amount Per Serving			
Calories	146	Calories from Fat	20
% Daily Value			
Total Fat	2.3g		3 %
	Saturated Fat	0.2g	1 %
	Trans Fat	0.0g	
Cholesterol	0.7mg		0 %
Sodium	58.8mg		3 %
Total Carbohydrate	23.6g		9 %
	Dietary Fiber	6.4g	23 %
	Sugars	4.5g	
Protein	8.9g		
Vitamin A	1 %	Calcium	5 %
Vitamin C	4 %	Iron	14 %

Recipe from A Legume a Day: <https://alegumeaday.com/buffalo-chickpea-dip/>

## Peanut Butter and Chocolate Chunk White Bean Blondies

*Serves: 9*

*Approximate time: 30 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- ½ cup (~40 g) Old-fashioned or instant oats (dry) – *if not using a scale, careful to not pack your oats or these may come out a bit dry*
- 1 and ½ cups (~258 g) Cooked white beans (like a great northern, cannellini, or navy bean)
- ½ cup (~124 g) Peanut butter
- 1/3 cup (~72 g) Brown sugar (packed)
- 2 Tbs (~28 g) Neutral oil
- 2 Tbs (~30 g) Milk of choice
- 2 tsp Vanilla extract
- 1 tsp Baking powder
- ¼ tsp Salt (optional – may not need if using salted peanut butter and beans cooked in salt, plus the flaky sea salt topping)
- Half (~42 g) Dark chocolate bar (chopped)
- Cooking spray (optional)
- Flaky sea salt to top (optional)

### Instructions:

1. Preheat the oven to 350°F and get out a muffin pan.



2. Pulse oats in a high-powered blender or food processor to achieve a consistency of oat flour.
3. Drain and rinse the beans well. Add them to the blender/processor.
4. Add all other ingredients (peanut butter, brown sugar, oil, milk, vanilla extract, baking powder, salt) except the chocolate and flaky sea salt to the blender/processor and blend until smooth, scraping down the sides as needed. This is a very thick batter. However, if it really is not blending, you can add an extra very small splash of milk to help.
5. Chop the chocolate bar, then add to the batter. Mix by hand – pureeing it would result in a smooth batter and not leave any tasty chocolate chunks. If stirring by hand is too hard to do inside the blender or food processor, move the batter to another bowl first. Note that there are no raw eggs or raw flour, so you can taste the batter to see if the flavor is right or you want to add any more chocolate, salt, etc.
6. To prevent sticking, use cooking spray or muffin papers. Pour batter in and smooth the top. This makes 9 blondies. Lightly sprinkle the top of each with flaky sea salt, if using. Bake on the center rack of the oven until set in the middle, for approximately 12-18 minutes. Blondies are done when they are set in the middle.
7. Let cool slightly before cutting to make sure they hold their shape. They can be served warm, room temperature, or cold. When slightly warm, the chocolate chunks will be pleasantly gooey.

#### Notes:

- Instead of chopping a chocolate bar, you can use chocolate chunks or chips, if preferred.
- Make extras and freeze them for a treat on the go.
- Instead of a muffin pan, you can use an 8x8 pan, brownie pan, mini loaf pan, or mini muffin pan. Baking time will need to be adjusted accordingly – look for when the blondies are set in the middle and turning golden brown on the edges.
- You can substitute the white beans with Mayocoba beans and it works very well!

Nutrition Facts			
Serving Size 1.00 serving(s) (69g)			
Amount Per Serving			
Calories	232	Calories from Fat	111
% Daily Value			
<b>Total Fat</b>	12.4g		16 %
Saturated Fat	2.6g		13 %
Trans Fat	0.0g		
<b>Cholesterol</b>	0.2mg		0 %
<b>Sodium</b>	136.2mg		6 %
<b>Total Carbohydrate</b>	24.2g		9 %
Dietary Fiber	4.0g		14 %
Sugars	10.2g		
<b>Protein</b>	7.5g		
Vitamin A	0 %	Calcium	7 %
Vitamin C	0 %	Iron	11 %

Recipe adapted from A Legume a Day: <https://alegumeaday.com/peanut-butter-chocolate-chunk-bean-blondies/>

## Artichoke Bean Dip

*Serves: 4*

*Approximate time: 5 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 2 cups (~354 g) Cooked Mayocoba beans
- 1 cup (~160 g) Marinated artichoke hearts (jarred, not canned)
- Approximately  $\frac{1}{4}$  cup Artichoke marinade/juices (to achieve desired flavor and bean dip consistency)
- Potential additions and/or garnishes: Salt, freshly cracked black pepper, smoked paprika, lemon juice, fresh herbs, garlic, and/or hot sauce (optional)
- Serving suggestions: Vegetables like carrot sticks, cucumbers, or bell pepper, crackers

### Instructions:

1. Drain the beans, reserving any cooking liquid. Rinse if using canned.
2. Place the beans and artichoke hearts in a high-powered blender or food processor. Blend until desired consistency is reached, scraping down the sides of the food processor/blender as needed. Use some of the artichoke marinade for flavor and to help the dip puree – start with a couple tablespoons and add more until desired texture and flavor is achieved. You can also use the bean cooking liquid to help achieve a smoother, thinner dip.
3. Taste for seasoning and adjust as necessary. Potential additions: salt, freshly cracked black pepper, smoked paprika, lemon juice, fresh herbs, garlic, and/or hot sauce (optional).
4. Serve with fresh vegetables and/or whole wheat crackers.

**Notes:**

- This may seem obvious, but make sure to use marinated artichoke hearts you like, as they are the prominent flavor in this dip! Frozen artichoke hearts do not work well for this recipe.
- If you want more flavor or would like to use up the jar, you can add more artichoke hearts, to taste.
- This also makes a nice spread for toast and sandwiches.
- If you add too much liquid and the dip ends up being a bit runnier than you like, refrigerating it will help it firm up.
- This is a flexible recipe that works well with most beans.
- **Citizen scientist tip:** This makes a great after-school snack with mini carrots.

Nutrition Facts			
Serving Size 1.00 serving(s) (129g)			
Amount Per Serving			
Calories	202	Calories from Fat	65
% Daily Value			
Total Fat	7.2g		9 %
	Saturated Fat 1.5g		7 %
	Trans Fat 0.6g		
Cholesterol	0.0mg		0 %
Sodium	141.9mg		6 %
Total Carbohydrate	24.9g		9 %
	Dietary Fiber 9.2g		33 %
	Sugars 9.1g		
Protein	8.1g		
Vitamin A	0 %	Calcium	4 %
Vitamin C	2 %	Iron	12 %

Recipe from A Legume a Day: <https://alegumeaday.com/artichoke-dip-or-spread/>

## Pinto Pumpkin Dip

*Serves: 4*

*Approximate time: 15 minutes*



*Photo credit: Suzanne Sarah F*

### Ingredients:

- 2 cups (~342 g) Cooked pinto beans
- 1 and ¼ cups (~306 g) Pumpkin puree (canned, not pumpkin pie filling)
- 4 tsp (~21 g) Lime juice (about 1 lime)
- 1 Garlic clove
- ½ tsp Cumin
- ½ tsp Smoked paprika
- ¼ cup (~30 g) Pickled jalapeños (jarred)
- Jalapeño brine, to taste (to achieve desired flavor and bean dip consistency)
- Potential additions and/or garnishes: Fresh herbs like chives or cilantro, or green onion
- Serving suggestions: Vegetables like carrots, celery, and cauliflower, crackers

### Instructions:

1. Drain the beans. Rinse if using canned.
2. Add all ingredients to a high-powered blender or food processor, starting with just a splash of the jalapeño brine. Puree, scraping down the sides as necessary. Add more jalapeño brine until desired texture and flavor is achieved. You can also use the bean cooking liquid to help achieve a smoother, thinner dip.
3. Taste for seasoning and adjust if needed.
4. Serve with fresh vegetables or whole wheat crackers.

**Notes:**

- This Pinto Pumpkin Dip also works well as a spread for wraps or sandwiches.
- **Citizen scientist tip:** Enjoy this dip with apple and pear, too – they are a delicious addition to the dippers!

Nutrition Facts			
Serving Size 1.00 serving(s) (177g)			
Amount Per Serving			
Calories	153	Calories from Fat	7
% Daily Value			
Total Fat	0.8g		1 %
Saturated Fat	0.2g		1 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	125.5mg		5 %
Total Carbohydrate	29.6g		11 %
Dietary Fiber	10.3g		37 %
Sugars	2.9g		
Protein	8.7g		
Vitamin A	241 %	Calcium	5 %
Vitamin C	6 %	Iron	16 %

Recipe from A Legume a Day: <https://alequmeaday.com/zesty-pumpkin-bean-dip/>



## **Snickerdoodle Hummus**

*Serves: 4*

*Approximate time: 15 minutes*



*Photo credit: Marietta R*

### **Ingredients:**

- 2 cups (~354 g) Cooked Mayocoba beans
- 2 Medjool dates
- ¼ cup (~64 g) Almond butter
- 3 - 4 Tbs (~60 - 80 g) Maple syrup, to taste
- 1 tsp Vanilla extract
- 2 tsp Cinnamon (or 1 tsp if your cinnamon is very strong)
- 2 Tbs (~30 g) Milk of choice
- Serving suggestions: Fresh fruit like strawberries or slices of apple, graham crackers

### **Instructions:**

1. Drain and rinse beans very well. Pit the Medjool dates.
2. Start with only 3 Tbs of maple syrup. Add all ingredients to a high-powered blender or food processor and puree until smooth, scraping down sides as needed. Taste for seasoning and adjust if necessary – you may need to add a pinch of salt depending on the saltiness of the beans and almond butter, or a bit more cinnamon or maple syrup. If needed, you can add a splash more milk to help with blending.

3. Serve with fresh fruit, graham crackers, or other items to dip. If desired, sprinkle a little extra cinnamon on top.

**Notes:**

- This can also work as a spread for toast.
- If the dip becomes a bit too runny, refrigerating it will help the dip firm up again.

Nutrition Facts			
Serving Size 1.00 serving(s) (141g)			
Amount Per Serving			
Calories	307	Calories from Fat	89
		% Daily Value	
Total Fat	9.9g		13 %
	Saturated Fat 1.3g		7 %
	Trans Fat 0.0g		
Cholesterol	0.0mg		0 %
Sodium	46.6mg		2 %
Total Carbohydrate	46.1g		17 %
	Dietary Fiber 12.3g		44 %
	Sugars 18.6g		
Protein	11.8g		
Vitamin A	0 %	Calcium	12 %
Vitamin C	2 %	Iron	17 %

Recipe from A Legume a Day: <https://alegumeaday.com/snickerdoodle-hummus/>

## Chocolate Cherry Mayocoba Bean Bars

*Serves: 9*

*Approximate time: 50 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 1 and ½ cups (~266 g) Cooked Mayocoba beans
- ½ cup (~122 g) Milk of choice
- 2 Tbs (~28 g) Neutral oil
- ¼ cup (~60 g) Maple syrup
- ¾ cup (~183 g) Applesauce (unsweetened or sweetened, depending on your preference)
- 2 Eggs
- ¼ cup (~50 g) Brown sugar (packed)
- 1 tsp Vanilla extract
- 3 cups (~240 g) Old-fashioned oats (dry) – *if not using a scale, careful to not pack your oats or these may come out a bit dry*
- 2 heaping Tbs (~28 g) Chia seeds
- 1 and ½ tsp Baking powder
- 2 tsp Cinnamon
- ½ tsp Nutmeg
- ½ Salt – *but if using beans cooked in salt, use only a pinch of salt*
- ½ cup (~55 g) Pecans or walnuts (chopped) – *highly recommend using toasted ones*
- Half (~42 g) Dark chocolate bar (chopped)
- ½ cup (~80 g) Dried cherries (chopped) – *or use a different tart dried fruit if preferred*
- Cooking spray (optional)

**Instructions:**

1. Preheat the oven to 375°F.
2. Drain and rinse the beans well. Note that the beans should not be hot off the stove for this recipe because adding hot beans to the batter may prematurely cook the eggs.
3. Puree the beans in a food processor or high-powered blender with the milk, oil, maple syrup, applesauce, eggs, brown sugar, and vanilla extract.
4. In a large bowl, mix the oats, chia seeds, baking powder, cinnamon, nutmeg, and salt.
5. Pour the wet ingredients into the dry ingredients and stir until dry ingredients are moistened.
6. Roughly chop nuts, chocolate, and cherries and mix into batter. Let sit for about 5 minutes to thicken, giving the oats and chia seeds time to soak up some of the liquid before baking.
7. Spray/grease or line an 8x8 inch baking dish with parchment paper. Pour in and smooth the batter. Bake on the center rack of the oven until set in the middle and edges are beginning to turn a golden brown. This will take approximately 30 minutes, depending on your oven and pan.
8. Let cool slightly before removing from the pan to make sure the bars hold their shape. Serve warm or at room temperature.

**Notes:**

- Instead of chopping a chocolate bar, you can use chocolate chunks or chips. The chopped chocolate tends to melt better and create pools of chocolate, which is nice in these bars but not necessary.
- Make up extras and freeze them for a breakfast on the go.
- Instead of an 8x8 pan, you can also bake in a loaf pan, muffin tin, or mini loaf pan, if desired. Oven time will need to be reduced.

Nutrition Facts			
Serving Size 1.00 serving(s) (139g)			
Amount Per Serving			
Calories	353	Calories from Fat	123
% Daily Value			
Total Fat	13.7g		18 %
	Saturated Fat 2.9g		15 %
	Trans Fat 0.0g		
Cholesterol	42.0mg		14 %
Sodium	157.9mg		7 %
Total Carbohydrate	48.9g		18 %
	Dietary Fiber 8.8g		31 %
	Sugars 18.8g		
Protein	10.6g		
Vitamin A	6 %	Calcium	12 %
Vitamin C	2 %	Iron	17 %

Recipe from A Legume a Day: <https://alegumeaday.com/chocolate-cherry-oat-bean-bars/>

## Split Pea Hummus

*Serves: 4*

*Approximate time: 45 minutes (time to cook split peas included)*



*Photo credit: Carol G*

### Ingredients:

- 2 cups (~392 g) Cooked split peas + some cooking water *\*See note*
- 1 - 2 Garlic cloves, to taste
- ¼ cup (~60 g) Tahini
- 3 Tbs (~45 g) Lemon juice (about 1 - 2 lemons)
- 1 Tbs (~14 g) Olive oil
- 1 and ½ tsp Cumin
- ½ tsp Salt
- ½ tsp Smoked paprika
- Serving suggestions: Vegetables, crackers, whole wheat pita

### Instructions:

1. Cook split peas in salted water until tender and they have evenly softened through, about 20-30 minutes. You will be blending them into a dip, so don't worry if they become slightly too mushy. Cooking 1 cup of dry split peas in about 4 cups of salted water will result in slightly more than 2 cups of cooked split peas. You can always cook extra to save in the refrigerator or freezer for later.
2. Add all the ingredients except the cooking water to a high-powered blender or food processor and puree, scraping down the sides as needed. Add small splashes (~1 Tbs) of cooking liquid at a time, blending after each addition, to achieve your desired consistency. Adding too much liquid at once can result in a dip that is too runny.



3. Taste for seasoning and adjust if necessary. Serve with vegetables or whole wheat crackers or pita for dipping.

**Notes:**

- *\*For a stronger pea flavor and green color, use green split peas. For a milder flavor, use yellow split peas.*
- Cooked split peas freeze well, especially if you will later be pureeing them, like in a dip. Cook up extras and save some in your freezer for later.
- For a more colorful dip, top with a drizzle of olive oil, fresh herbs, and a sprinkle of smoked paprika.

Nutrition Facts			
Serving Size 1.00 serving(s) (130g)			
Amount Per Serving			
Calories	241	Calories from Fat	107
% Daily Value			
Total Fat	11.9g		15 %
Saturated Fat	1.6g		8 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	299.5mg		13 %
Total Carbohydrate	25.3g		9 %
Dietary Fiber	9.0g		32 %
Sugars	3.2g		
Protein	11.0g		
Vitamin A	4 %	Calcium	3 %
Vitamin C	6 %	Iron	14 %

Recipe adapted from the American Pulse Association: <https://pulses.org/us/recipe/split-pea-hummus/>

## Mayocoba Bean Cookie Dough Dip

*Serves: 4*

*Approximate time: 15 minutes*



*Photo credit: Nicole M*

### Ingredients:

- 2 cups (~354 g) Cooked Mayocoba beans
- ½ cup (~40 g) Old-fashioned or instant oats (dry) – *if not using a scale, careful to not pack your oats or these may come out a bit dry*
- 3 - 4 Tbs (~60 - 80 g) Maple syrup, to taste
- 1/3 cup (~80 g) Natural peanut butter
- ¼ tsp Cinnamon
- 1 tsp Vanilla extract
- 2 Tbs (~30 g) Milk of choice
- Half (~42 g) Dark chocolate bar or ~¼ cup Chocolate chips
- Serving suggestions: Graham crackers, fruit like strawberries or apple slices

### Instructions:

1. Drain and rinse Mayocoba beans very well.
2. Pulse the oats in a high-powered blender or food processor to achieve a flour-like consistency.
3. Start with only 3 Tbs of maple syrup. Add all remaining ingredients except the chocolate to a high-powered blender or food processor and puree until smooth, scraping down sides as needed. If necessary, you can add a touch more milk to help the mixture reach your desired texture.
4. Taste for seasoning – you may need to add a pinch of salt depending on the saltiness of the beans and peanut butter, or a bit more maple syrup.

5. Chop the chocolate bar, if using. Add chocolate chunks or chips to the cookie dough, stirring to incorporate. If stirring by hand is too hard to do inside the blender or food processor, move the cookie dough to another bowl first.
6. Serve with items you can dip (like strawberries or graham crackers), or simply enjoy as is.

**Notes:**

- **Citizen scientist tip:** Try almond flour in place of oats for a smoother texture that one citizen scientist found more similar to actual cookie dough.

Nutrition Facts			
Serving Size 1.00 serving(s) (153g)			
Amount Per Serving			
Calories	391	Calories from Fat	142
% Daily Value			
Total Fat	15.7g		20 %
Saturated Fat	4.4g		22 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	302.2mg		13 %
Total Carbohydrate	49.3g		18 %
Dietary Fiber	13.1g		47 %
Sugars	13.6g		
Protein	15.3g		
Vitamin A	0 %	Calcium	10 %
Vitamin C	2 %	Iron	20 %

Recipe adapted from Well Plated: <https://www.wellplated.com/chickpea-cookie-dough/>

## Lentil Bruschetta with Tomatoes, Basil, and Feta

*Serves: 4*

*Approximate time: 15 minutes (if lentils are already cooked)*



*Photo credit: Kelly S*

### Ingredients:

- 2 cups (~396 g) Cooked lentils – *use a lentil that holds its shape well, like a brown, green, French green, or black lentil, but not red lentils*
- ½ tsp Salt to cook lentils + more, to taste
- 2 cups (~320 g) Cherry tomatoes
- ½ - 1 cup (~12 - 24 g) Basil (chopped), to taste
- 3 - 4 Tbs (~50 g) Balsamic vinegar, to taste
- 1 Tbs (~14 g) Olive oil
- ¼ tsp - ½ tsp Black pepper, to taste
- ½ cup (~56 g) Feta cheese (crumbled) *\*See note*
- Serving suggestion: Serve on toasted bread or with crackers, or enjoy over a bed of salad greens

### Instructions:

1. If you do not already have cooked lentils on hand, rinse and sort the lentils. Add 1 cup of lentils and ½ tsp salt to 3 cups of water and bring to a boil. Reduce to a simmer and cook until tender and water is absorbed, approximately 15-20 minutes, stirring occasionally and adding more water if needed. This will result in 2-3 cups of cooked lentils. You can

save any extra lentils or simply add them to this dish and slightly increase the seasonings.

2. Drain lentils and put them in a large bowl. If using freshly cooked lentils, allow them to cool slightly so they do not cook the other ingredients.
3. Halve or quarter the cherry tomatoes, depending on size. Finely chop the basil. Start with ½ cup and add more later if needed. Add the tomatoes and basil to the lentils and mix.
4. In a small, separate bowl, mix together the balsamic vinegar, olive oil, black pepper, and a pinch of salt. Start with 3 Tbs of balsamic vinegar and add more later after tasting the salad for seasoning, if necessary. Pour the dressing over the lentils and stir well, to evenly coat.
5. Add the feta last and lightly stir to incorporate, to prevent it from dissolving too much with mixing. Taste for seasoning and adjust as needed.
6. If you have time, allow the flavors in the lentil salad to blend by letting it rest in the refrigerator for several hours. Before serving, taste for seasoning and adjust as needed.
7. When ready, serve the lentil mixture with crackers or toasted bread, or over salad greens.

#### Notes:

- *\*If you can find a block of feta and crumble it yourself, it is generally much more flavorful and can also be more affordable.*

Nutrition Facts			
Serving Size 1.00 serving(s) (212g)			
Amount Per Serving			
Calories	206	Calories from Fat	62
% Daily Value			
Total Fat	6.9g		9 %
Saturated Fat	2.3g		11 %
Trans Fat	0.0g		
Cholesterol	10.0mg		3 %
Sodium	464.6mg		20 %
Total Carbohydrate	25.8g		9 %
Dietary Fiber	9.1g		33 %
Sugars	5.7g		
Protein	12.3g		
Vitamin A	3 %	Calcium	6 %
Vitamin C	14 %	Iron	21 %

Recipe adapted from Lentils.org: <https://www.lentils.org/recipe/lentil-avocado-bruschetta/>



## Black Bean Chocolate Mousse

*Serves: 4*

*Approximate time: 15 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 2 cups (~344 g) Cooked black beans – *recommend reduced sodium or no salt added*
- 4 Medjool dates
- ½ cup (~120 g) Whole milk
- ½ cup (~43 g) Cocoa powder (unsweetened)
- 2 - 3 Tbs (~40 - 60 g) Maple syrup, to taste
- 2 tsp Vanilla extract
- Serving suggestions: Fruit like strawberries, graham crackers

### Instructions:

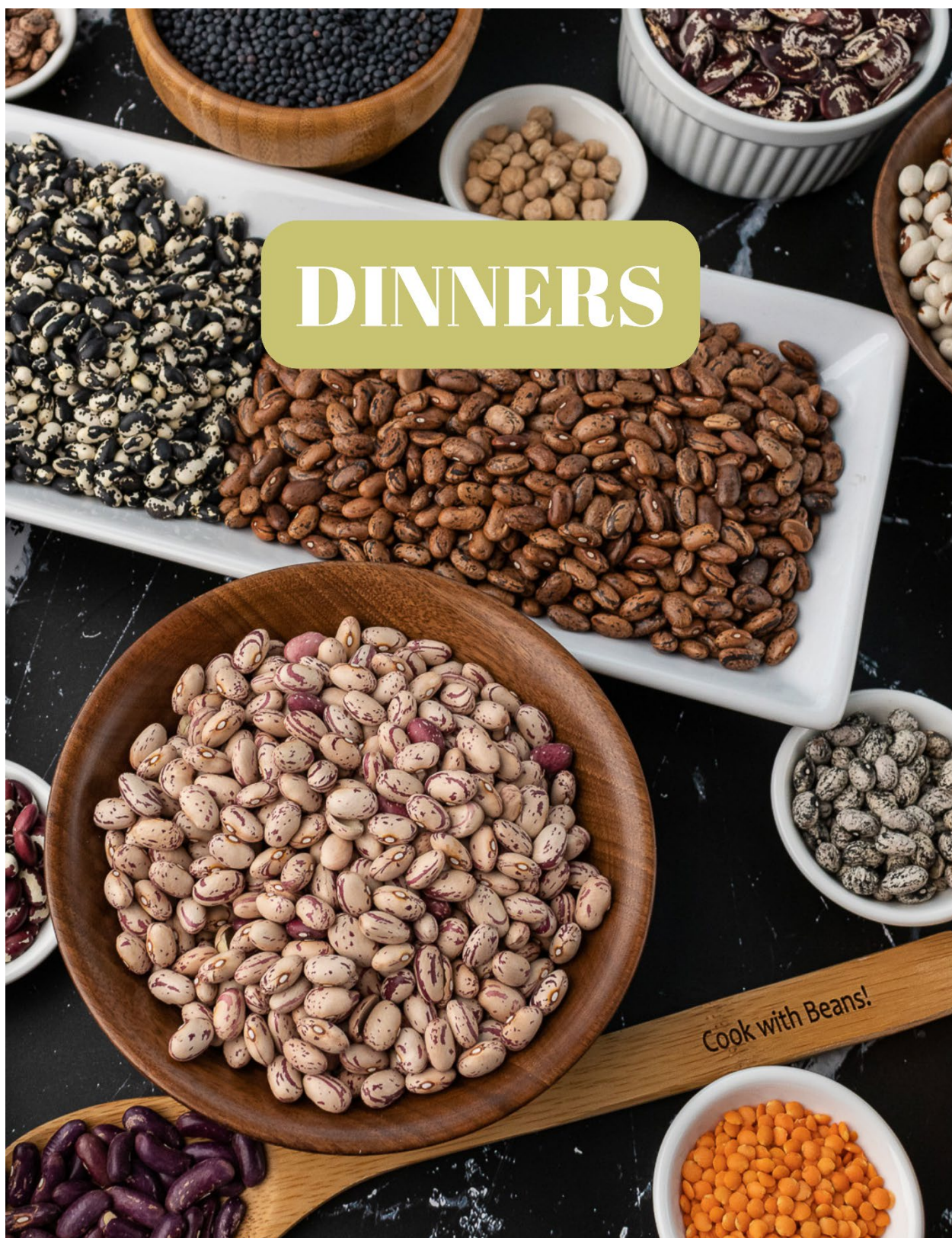
1. Drain and rinse black beans very well.
2. Pit the Medjool dates.
3. Add all ingredients to a high-powered blender or food processor and puree until smooth, scraping down sides as needed. Start with just 2 Tbs of maple syrup.
4. Taste for seasoning and adjust if necessary by adding another tablespoon of maple syrup or even a pinch of salt.
5. If the process of blending everything warmed the ingredients, chill slightly before eating.
6. Serve with fruit, graham crackers, and/or other tasty items to dip.

**Notes:**

- Whole milk helps makes this creamy and rich. You can try substituting other milks, but the consistency may not be the same.
- If necessary, you can add a touch more milk to help the mixture reach your desired consistency.
- Sprinkle with dark chocolate chunks for an extra indulgent treat.

Nutrition Facts			
Serving Size 1.00 serving(s) (163g)			
Amount Per Serving			
Calories	255	Calories from Fat	27
% Daily Value			
Total Fat	3.0g		4 %
	Saturated Fat	1.6g	8 %
	Trans Fat	0.0g	
Cholesterol	3.1mg		1 %
Sodium	17.9mg		1 %
Total Carbohydrate	53.0g		19 %
	Dietary Fiber	13.1g	47 %
	Sugars	24.2g	
Protein	11.1g		
Vitamin A	2 %	Calcium	7 %
Vitamin C	0 %	Iron	20 %

Recipe from A Legume a Day: <https://alegumeaday.com/black-bean-chocolate-mousse/>





## Turkey and Bean Skillet

*Serves: 4*

*Approximate time: 25 minutes*



*Photo credit: Anjali P*

### Ingredients:

- 2 cups (~320 g) Onion (chopped; about 1 onion)
- 4 Green onions
- ¼ cup (~30 g) Pickled jalapeños (jarred)
- ½ cup (~8 g) Cilantro (chopped)
- 1 Tbs (~14 g) Neutral oil, like vegetable or canola
- ½ tsp Salt, divided
- 2 Garlic cloves, or to taste
- 16 oz. (~454 g) Ground turkey (93% lean, 7% fat)
- 1 tsp Cumin
- For more of a kick: Chili powder, cayenne (optional)
- 1 and ½ cups (~257 g) Cooked pinto beans
- 1 and ½ cups (~266 g) Cooked red kidney beans
- 1 and ½ cups (~246 g) Corn (frozen or canned and drained) – *if you can find it, use fire-roasted for more flavor \*See note*
- 1 tsp Smoked paprika
- ½ cup (~56 g) Cotija or feta cheese (crumbled) *\*\*See note*
- Optional toppings: Avocado, cilantro, green onion, salsa, fresh tomatoes, squeeze of fresh lime
- Serving suggestions: Serve over brown rice, wrapped in a tortilla, or with tortilla chips

### Instructions:

1. Chop the onion into your preferred bite size for a skillet meal. Thinly chop the green onions, setting aside some of the green parts to sprinkle on as a garnish if desired. Roughly chop the jalapeños and cilantro.
2. Add the onion to a large skillet with the oil and a pinch of salt. Turn on the burner to medium heat and sauté until translucent, stirring occasionally.
3. Mince the garlic while the onion is cooking.
4. When the onion is cooked, add turkey meat, minced garlic, remaining salt, cumin, and optional spices for a kick (chili powder and/or cayenne) if using. Stir occasionally. *Food safety note: turkey should reach at least 165°F.*
5. While the turkey is cooking, drain the pinto and red kidney beans, rinsing if using canned. Drain the corn if using canned.
6. After the turkey is cooked, add in all remaining ingredients (pinto beans, red kidney beans, corn, green onions, jalapeños, cilantro, and smoked paprika) *except* the cheese.
7. Cook through until warm, stirring occasionally. Taste for seasoning and adjust as needed.
8. Top with cheese and any other desired toppings. Serve warm.

### Notes:

- *\*Some sensory panelists found this dish to be a bit sweet. If you are sensitive to sweet flavors, reduce the amount of corn, or make sure to use a more savory corn instead of a sweeter corn.*
- *\*\*If you can find a block of feta and crumble it yourself, it is generally much more flavorful and can also be more affordable.*
- **Citizen scientist tip:** Try this with roasted chilies instead of the pickled jalapeños.

Nutrition Facts			
Serving Size 1.00 serving(s) (440g)			
Amount Per Serving			
<b>Calories</b>	516	<b>Calories from Fat</b>	172
% Daily Value			
<b>Total Fat</b>	19.1g		24 %
Saturated Fat	5.8g		29 %
Trans Fat	0.1g		
<b>Cholesterol</b>	98.9mg		33 %
<b>Sodium</b>	804.6mg		35 %
<b>Total Carbohydrate</b>	51.2g		19 %
Dietary Fiber	13.8g		49 %
Sugars	6.9g		
<b>Protein</b>	38.6g		
Vitamin A	17 %	Calcium	18 %
Vitamin C	14 %	Iron	31 %

Adapted from A Legume a Day: <https://alegumeaday.com/turkey-and-bean-skillet/>



## Zesty Salsa Chicken Lentil Pasta

*Serves: 4*

*Approximate time: 30 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 8.8-oz. (~250 g) package of Lentil spaghetti, or preferred pasta shape (dry)
- 2 cups (~320 g) Onion (chopped; about 1 onion)
- 2 cups (~298 g) Green bell pepper (chopped; about 2 bell peppers)
- 1 and ½ cups (~270 g) Tomato (chopped; about 1 large tomato; fresh preferable but canned okay)
- 2 Garlic cloves, or to taste
- 1 Tbs (~14 g) Neutral oil
- ¼ tsp Salt
- ¼ tsp Chili powder (optional)
- 16 oz. (~340 g) Chicken breast or thighs (boneless, skinless)
- 2 cups (~512 g) Salsa – *pick a nice, savory salsa for this dish*
- 1 and ½ cups (~246 g) Fire-roasted corn (fresh, frozen, or canned)
- Optional toppings: Cilantro, fresh lime juice, feta cheese

### Instructions:

1. Put a pot of water on to boil the lentil spaghetti according to package instructions, in salted water. Work on other steps while cooking pasta.
2. Chop the onion and bell pepper into your desired size for pasta. Roughly chop the tomato – it will essentially dissolve into the sauce, so don't worry about precise chopping. Mince the garlic.

3. In a large skillet, sauté the onion, bell pepper, tomato, and garlic in the oil with the salt and chili powder. Cook over medium heat until the onion is translucent, stirring occasionally.
4. While waiting, cut the chicken into bite-sized pieces. If using canned fire-roasted corn, drain.
5. When the onion is translucent, add the chicken, salsa, and corn. Cook over medium heat, stirring occasionally, until the chicken is fully cooked. *Food safety note: chicken should reach a minimum internal temperature of 165°F.*
6. When the chicken is fully cooked and the lentil spaghetti is slightly al dente, add the pasta to the salsa chicken mixture. Stir to coat the spaghetti. Place the lid on to allow the pasta to absorb some of the sauce and leave over low heat for a couple minutes.
7. Add optional toppings if using. Taste for seasoning and adjust as needed. Depending on the salsa you use, you may need to add salt, pepper, or other seasonings to suit your taste.
8. Serve hot.

#### Notes:

- Chickpea or black bean pasta can work well in place of the lentil pasta. If you cannot find an 8.8-oz package, just approximate that amount of pasta to the best of your ability – this is a somewhat flexible recipe.
- **Citizen scientist tip:** Use shredded rotisserie chicken or grilled chicken.

Nutrition Facts			
Serving Size 1.00 serving(s) (597g)			
Amount Per Serving			
Calories	484	Calories from Fat	71
% Daily Value			
Total Fat	7.9g		10 %
Saturated Fat	1.0g		5 %
Trans Fat	0.0g		
Cholesterol	62.1mg		21 %
Sodium	1347.4mg		59 %
Total Carbohydrate	70.2g		26 %
Dietary Fiber	14.1g		50 %
Sugars	17.7g		
Protein	38.5g		
Vitamin A	30 %	Calcium	9 %
Vitamin C	88 %	Iron	28 %

Recipe from A Legume a Day: <https://alegumeaday.com/salsa-chicken-lentil-pasta/>

## Bean and Quinoa Harvest Salad

*Serves: 4*

*Approximate time: 30 minutes*



*Photo credit: Arsh J*

### Ingredients:

#### Salad:

- 1 and ½ cups (~278 g) Cooked quinoa
- 2 cups (~354 g) Cooked Mayocoba beans
- 1/3 cup (~36 g) Dried cranberries or cherries, to preference
- 4 Green onions
- ¼ cup (~57 g) Pepitas
- ½ cup (~56 g) Feta cheese *\*See note*
- 8 oz. (~227 g) Baby spinach

#### Dressing:

- 2 Tbs (~30 g) Apple cider vinegar
- 1 Tbs (~20 g) Maple syrup
- 1 Tbs (~14 g) Olive oil or neutral oil
- 1 Tbs (~15 g) Dijon mustard (optional, for a bit of a kick)
- Salt and pepper, to taste

### Instructions:

1. If you do not have cooked quinoa on hand, cook according to package instructions. To get 1 and ½ cups, you will need about ½ - ¾ cup dry quinoa.

2. If you like wilted spinach, you can stir the spinach into the warm, cooked quinoa instead of serving this salad over a bed of spinach (see step 6). Or, only stir in some of the spinach, so some is wilted but you still have spinach left to serve over a bed of greens.
3. Drain the beans, rinsing if using canned. Add them to a large bowl with the quinoa.
4. Roughly chop the dried cranberries or cherries and finely dice the green onions. Mix in the cranberries, green onions, and pepitas with the beans and quinoa.
5. In a small bowl, mix the dressing ingredients: apple cider vinegar, maple syrup, oil, and mustard.
6. Pour the dressing over the bean mixture and stir well to coat evenly.
7. Sprinkle with the feta and fold in lightly to help the feta remain intact and not dissolve. Taste for seasoning and adjust if needed.
8. If you did not add the spinach at the beginning, serve the bean mixture over a bed of spinach. Or, if preferred, stir the spinach into the bean and quinoa mixture and serve.

#### Notes:

- *\*If you can find a block of feta and crumble it yourself, it is generally much more flavorful and can also be more affordable.*
- Roasted winter squash and/or roasted beets are excellent additions to this salad as well.
- If you cannot find pepitas, you can use shelled, roasted pumpkin seeds or sunflower seeds in their place.
- Diced red onion can work in place of the green onions.
- If preparing quinoa for this recipe, you can always cook up extra quinoa and save it for later use.

Nutrition Facts			
Serving Size 1.00 serving(s) (286g)			
Amount Per Serving			
Calories	420	Calories from Fat	144
% Daily Value			
Total Fat	16.0g		21 %
	Saturated Fat 3.8g		19 %
	Trans Fat 0.0g		
Cholesterol	10.0mg		3 %
Sodium	311.3mg		14 %
Total Carbohydrate	53.7g		20 %
	Dietary Fiber 14.4g		52 %
	Sugars 11.2g		
Protein	19.8g		
Vitamin A	110 %	Calcium	14 %
Vitamin C	23 %	Iron	34 %

Recipe adapted from Half-Baked Harvest: <https://www.halfbakedharvest.com/autumn-harvest-honeycrisp-apple-and-feta-salad/>

## Ginger Chicken and Beans

*Serves: 4*

*Approximate time: 35 minutes*



*Photo credit: Sheila G*

### Ingredients:

- 1 and ½ cups (~240 g) Onion (chopped; about 1 onion)
- 1 (~119 g) Bell pepper (any color)
- 1 Garlic clove, or more to taste
- Small knob (~5 - 10 g) Fresh ginger or ½ tsp Ground ginger (dried)
- 12 oz. (~340 g) Chicken breast or thighs (boneless, skinless)
- 2 Tbs (~28 g) Neutral oil
- ½ tsp Salt
- 2 Tbs (~16 g) Flour (all-purpose)
- ½ tsp Cumin
- ½ tsp Black pepper
- ½ tsp Allspice (optional)
- ½ - 1 tsp Chili flakes (optional)
- 1 and ½ cups (~360 g) Chicken broth (low-sodium, if desired)
- 3 cups (~531 g) Cooked red kidney beans
- Serving suggestion: Serve over a grain like brown rice

### Instructions:

1. Chop onion and bell pepper into bite-sized pieces. Or, chop smaller for pieces that more evenly distribute throughout the dish, according to your preference. Mince garlic and fresh ginger, if using.
2. Cut chicken into bite-sized pieces. In a medium skillet, sauté chicken in the oil over medium heat with the salt until pink is gone.



3. Mix in all other ingredients except the beans and simmer with lid on for approximately 15 minutes, stirring occasionally. The flour will thicken the broth so that it coats the dish in a creamy sauce.
4. While waiting, drain the beans and rinse if using canned.
5. When onions and bell pepper have softened to your liking and the sauce has thickened, add cooked beans and heat for another few minutes with the lid on. Keep an eye on the water level as the dish is cooking and add a splash more chicken broth, bean broth, or water if needed to prevent sticking. *Food safety note: chicken should reach a minimum internal temperature of 165°F.*
6. Taste for seasoning and adjust if needed. Serve warm.

**Notes:**

- You can use any color of bell pepper you like for this recipe. Yellow, red, and orange peppers will be sweeter and green more vegetal.

Nutrition Facts			
Serving Size 1.00 serving(s) (395g)			
Amount Per Serving			
Calories	389	Calories from Fat	91
% Daily Value			
<b>Total Fat</b>	10.1g		13 %
Saturated Fat	1.6g		8 %
Trans Fat	0.0g		
<b>Cholesterol</b>	62.9mg		21 %
<b>Sodium</b>	358.7mg		16 %
<b>Total Carbohydrate</b>	42.3g		15 %
Dietary Fiber	12.1g		43 %
Sugars	4.5g		
<b>Protein</b>	32.8g		
Vitamin A	5 %	Calcium	5 %
Vitamin C	57 %	Iron	27 %

*Recipe adapted from Dr. Terry Hartman*

## Bean and Sweet Potato Bake

*Serves: 4*

*Approximate time: 45 minutes*



*Photo credit: Helene G*

### Ingredients:

- 1 cup (~160 g) Onion (chopped; about half an onion)
- 2 cups (~270 g) Sweet potato (chopped; about 1 medium sweet potato)
- 2 Tbs (~27 g) Neutral oil
- ¼ tsp Salt
- ½ tsp Cumin
- Chili powder, to taste (optional)
- 1 and ½ cups (~257 g) Cooked pinto beans
- 1 and ½ cups (~258 g) Cooked black beans
- 1 and ½ cups (~246 g) Corn (frozen or canned) – *use fire-roasted corn for extra flavor*
- ½ tsp Smoked paprika
- ¼ cup (~28 g) Cheddar or pepperjack cheese (shredded) or feta cheese (crumbled) *\*See note*
- ¼ cup (~4 g) Cilantro (chopped)
- 1 Tbs (~15 g) Lime juice (about half a lime)
- 4 Tbs (~64 g) Salsa
- 2 Tbs (~15 g) Pickled jalapeños (jarred), or jalapeño of choice (canned, roasted, etc.)
- Optional toppings: Avocado, guacamole, sour cream
- Serving suggestions: Top with a fried egg, use as burrito filling, or serve with tortilla chips or on a bed of brown rice or lettuce

### Instructions:

1. Preheat oven to 400°F. When chopping the vegetables, a smaller chop will roast faster and more evenly distribute among the other ingredients. A larger chop will provide larger bites of sweet potato and onion. Chop onions and sweet potato according to your preference. If you have slightly more than the listed amount but want to use up a full onion and/or sweet potato, this recipe is flexible and you can add more vegetables.
2. Line a rimmed baking sheet with parchment paper if desired, to help prevent sticking. Place the chopped onions and sweet potato on the baking sheet. Drizzle with the oil, salt, cumin, and chili powder if using. Stir to coat evenly. Bake until the vegetables have softened and are starting to brown, approximately 30 minutes. Stir at the halfway point to promote more even browning.
3. While the vegetables are baking, drain the pinto and black beans. Rinse if using canned. If using frozen corn, thaw; drain if using canned corn. Chop the cilantro.
4. When the vegetables are done, remove the baking sheet from the oven and add the beans, corn, and paprika and stir, taking care to not burn yourself. Sprinkle with the cheese and return to the oven until everything is warmed through and the cheese has melted.
5. Remove and sprinkle with the cilantro, lime juice, salsa, and pickled jalapeños. Taste for seasoning and adjust as needed. Serve warm.

### Notes:

- *\*Feta cheese provides a saltier flavor punch, and cheddar a milder cheesy flavor. Crumble or shred your own cheese for better flavor and meltability.*
- If using canned or raw jalapeño, add earlier on in the roasting process and adjust amount to suit your preferred spiciness level.

Nutrition Facts			
Serving Size 1.00 serving(s) (340g)			
Amount Per Serving			
<b>Calories</b>	389	<b>Calories from Fat</b>	95
% Daily Value			
<b>Total Fat</b>	10.5g		13 %
Saturated Fat	2.4g		12 %
Trans Fat	0.0g		
<b>Cholesterol</b>	7.5mg		3 %
<b>Sodium</b>	516.0mg		22 %
<b>Total Carbohydrate</b>	60.2g		22 %
Dietary Fiber	15.8g		57 %
Sugars	8.4g		
<b>Protein</b>	16.3g		
Vitamin A	195 %	Calcium	10 %
Vitamin C	9 %	Iron	19 %

Recipe adapted from A Legume a Day: <https://alegumeaday.com/black-bean-and-sweet-potato-bake/>

## Lentil Curry

*Serves: 4*

*Approximate time: 45 minutes*



*Photo credit: Amanda H*

### Ingredients:

- 2 cups (~244 g) Carrot (chopped; about 3 - 4 carrots)
- 1 and ½ cups (~240 g) Onion (chopped; about 1 onion)
- Half (~7 g) of a Jalapeño, or to taste (optional)
- 4 Garlic cloves, or to taste
- Small knob (~5 - 10 g) Fresh ginger (minced) or ½ tsp Ginger (ground)
- 3 cups (~201 g) Kale (chopped)
- 1 Tbs (~14 g) Neutral oil
- 1 and ½ cups (~288 g) Dry red lentils
- 1 - 2 Tbs Curry powder
- 1 and ½ cups (~364 g) Coconut milk (canned, light or regular)
- 4 cups (~960 g) Chicken or vegetable broth (low-sodium, if desired)
- 1 and ½ cups (~390 g) Fire-roasted tomatoes (canned, diced, not drained)
- 2 - 4 Tbs (~31 - 62 g) Lime juice (about 2 limes), to taste
- ½ cup (~8 g) Cilantro (chopped) + more for garnish (optional)
- Optional garnishes: Dollop of yogurt, cilantro, more fresh lime
- Serving suggestions: Rice or naan

### Instructions:

1. Chop carrots and onions to desired size in soups. Dice the jalapeño. Mince the garlic and ginger if using fresh. Separate kale stems and leaves. Finely chop the stems and roughly chop the leaves.

2. In a large pot over medium heat, sauté carrots, onion, jalapeño, and kale stems (if using) in the oil, stirring occasionally.
3. Sort (remove any natural debris and damaged lentils) and rinse the lentils.
4. Once the onion has turned translucent, add 1 Tbs of the curry powder along with the ginger and garlic. Stir while sautéing to bloom the curry powder until fragrant, about 1 minute. The intensity of curry powder brands can vary widely, so start with a smaller amount here and add more at the end when adjusting for seasoning before serving, if needed.
5. Add the lentils, coconut milk, and broth. Bring to a boil and then simmer for ~12 minutes, or until lentils have softened. Red lentils cook very quickly, so if you prefer more texture, only cook them to al dente in this step as you will continue cooking them more in the next step. While waiting, chop the cilantro.
6. Once the lentils have softened, add the tomatoes and kale leaves, stirring to incorporate. Cook until kale has reached desired tenderness.
7. Add lime juice and cilantro and stir. Taste for seasoning and adjust as necessary. Serve hot, garnishing with additional cilantro if you like.

#### Notes:

- If not using jalapeño, you can add chili flakes or other spices for a kick.
- If you want a stronger garlic flavor, add garlic later in the cooking process. The earlier you add it, the more mellow the garlic flavor in the finished dish.
- Kale stems are tender if given time to soften. However, if you prefer, you can use only the kale leaves.
- **Citizen scientist tips:** Fresh tomato can work in place of canned. Additions like cubed sweet potato or winter squash are delicious.

Nutrition Facts			
Serving Size 1.00 serving(s) (701g)			
Amount Per Serving			
Calories	464	Calories from Fat	102
% Daily Value			
Total Fat	11.3g		14 %
Saturated Fat	5.3g		26 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	223.4mg		10 %
Total Carbohydrate	72.5g		26 %
Dietary Fiber	16.1g		57 %
Sugars	12.3g		
Protein	23.5g		
Vitamin A	264 %	Calcium	19 %
Vitamin C	76 %	Iron	39 %

Recipe from A Legume a Day: <https://alegumeaday.com/warming-lentil-curry/>



## Bean and Turkey Quesadilla

*Serves: 4*

*Approximate time: 30 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 8 Green onions
- ¼ cup (~30 g) Pickled jalapeños (jarred)
- 8 oz. (~227 g) Ground turkey (93% lean, 7% fat)
- 1 Tbs (~14 g) Neutral oil
- ½ tsp Cumin
- 1 Tbs Taco seasoning (low-sodium, if desired), or to taste
- 3 cups (~513 g) Cooked pinto beans
- 1 tsp Smoked paprika
- 1 cup (~112 g) Pepperjack or cheddar cheese (shredded) *\*See note*
- 1 (~134 g) Avocado
- 4 Whole wheat tortillas (8-inch)
- Cooking spray (optional)
- Potential add-ins (to bean-turkey mixture or to top quesadilla): Salsa, pico de gallo, sour cream, fire-roasted corn, fresh cilantro, hot sauce

### Instructions:

1. Finely chop the green onion, separating the white and green parts. Finely dice the jalapeños.

2. In a medium-large skillet over medium heat, sauté the ground turkey and white pieces of green onion in the oil, cumin, and taco seasoning. Cook until turkey is cooked through, stirring occasionally. *Food safety note: turkey should reach a minimum internal temperature of 165°F.*
3. Drain the beans, reserving the cooking liquid. Rinse if using canned. In a bowl, partially mash the beans so they will blend into the filling and better stick to the tortilla.
4. Once the turkey is cooked, add the beans, green parts of the green onion, jalapeños, and smoked paprika. Stir to incorporate and cook until the beans are warmed through. If you need additional moisture, add a splash of the bean cooking liquid, or water if you do not have any.
5. Taste the filling for seasoning and adjust if necessary.
6. Shred the cheese and slice the avocado.
7. Top the tortillas with cheese, avoiding sprinkling cheese too close to the edges so that the cheese does not melt over the tortilla into the pan. Warm on a skillet or griddle, spraying with cooking spray first if desired.
8. Add the bean and turkey mixture to half of the tortilla, then fold the half of the tortilla with only cheese and no filling over onto the filled side to form a quesadilla. Press lightly to help seal. Toast in the skillet until the tortilla has on a golden, crispy exterior, flipping to toast both sides. Serve warm with salsa and slices of avocado.

#### Notes:

- *\*If you can find a block of feta and crumble it yourself, it is generally much more flavorful and can also be more affordable.*
- You can use diced sautéed onions instead of the green onions. If doing this, sauté them with the ground turkey meat while cooking.
- With leftover filling, or instead of serving as a quesadilla, serve the bean-turkey mixture over brown rice, maybe topping with a fried egg. Or, serve the filling with tortilla chips.

Nutrition Facts			
Serving Size 1.00 serving(s) (343g)			
Amount Per Serving			
Calories	616	Calories from Fat	219
% Daily Value			
Total Fat	24.3g		31 %
Saturated Fat	8.1g		40 %
Trans Fat	0.1g		
Cholesterol	72.0mg		24 %
Sodium	566.2mg		25 %
Total Carbohydrate	67.1g		24 %
Dietary Fiber	17.8g		64 %
Sugars	4.3g		
Protein	33.5g		
Vitamin A	16 %	Calcium	27 %
Vitamin C	11 %	Iron	29 %

Recipe adapted from the US Dry Bean Council: <https://usdrybeans.com/2020/08/24/baja-quesadillas-2/>

## White Bean Chicken Chili

*Serves: 4*

*Approximate time: 40 minutes*



*Photo credit: Hania O*

### Ingredients:

- 1 cup (~160 g) Onion (chopped; about half an onion)
- 1 cup (~240 g) Fire-roasted green chiles (canned, mild)
- 12 oz. (~340 g) Chicken thighs (boneless, skinless)
- 2 tsp Cumin
- 1 tsp Chili powder
- 4 cups (~960 g) Chicken broth (low-sodium, if desired)
- 2 Garlic cloves, or to taste
- ½ cup (~8 g) Cilantro (chopped) + more for garnish (optional)
- 3 cups (~537 g) Cooked white beans (like a great northern, cannellini, or navy bean)
- 1 and ½ cups (246 g) Corn (frozen or canned, drained) – *fire-roasted adds more depth of flavor if available*
- 2 Tbs (~31 g) Lime juice (about 1 lime)
- ½ cup (~57 g) Cheddar or pepperjack cheese (shredded) *\*See note*
- 2 oz. (~¼ cup or 57 g) Plain, low-fat Greek yogurt, or fat level of your preference

### Instructions:

1. Chop the onion, fire-roasted green chiles, and chicken into your desired size for chili.
2. To a medium-large pot, add the onions, chiles, cumin, chili powder, and chicken broth. Bring to a simmer until onions are nearly cooked (they should be turning translucent),

then add the chicken and cook through. *Food safety note: chicken should reach a minimum internal temperature of 165°F.*

3. While waiting, mince the garlic and chop the cilantro. Drain the beans and rinse if using canned. Microwave them for about 30 to 45 seconds. This will make them easier to mash. Leaving some whole, mash about half of the beans – this will help the chili have a thicker consistency.
4. When chicken is cooked, stir in whole and mashed beans, corn, and garlic. Heat through.
5. Add cilantro and lime juice. Taste for seasoning and adjust as needed (by adding more chili powder, etc.).
6. Serve hot, topped with cheese, a dollop of yogurt, and cilantro.

#### Notes:

- *\*If you get a block of cheese and shred it yourself, it is generally much more flavorful and can also be more affordable.*
- Instead of simmering the onions and chiles, you could sauté the onions and chiles in a little oil with the chili powder and cumin before adding the broth to build depth of flavor.
- **Citizen scientist tips:** Add in other vegetables, like kale, for extra color and nutrition. Add some masa corn flour for a thicker chili, if desired.

Nutrition Facts			
Serving Size 1.00 serving(s) (546g)			
Amount Per Serving			
Calories	447	Calories from Fat	95
% Daily Value			
Total Fat	10.5g		13 %
Saturated Fat	4.3g		22 %
Trans Fat	0.2g		
Cholesterol	97.4mg		32 %
Sodium	583.6mg		25 %
Total Carbohydrate	51.7g		19 %
Dietary Fiber	10.8g		39 %
Sugars	8.1g		
Protein	38.0g		
Vitamin A	12 %	Calcium	21 %
Vitamin C	28 %	Iron	42 %

Recipe adapted from Well Plated: <https://www.wellplated.com/crockpot-white-chicken-chili/>

## Lentil, Broccoli, and Shrimp Sheet Pan Dinner

*Serves: 4*

*Approximate time: 35 minutes (if lentils are already cooked)*



*Photo credit: Irene S*

### Ingredients:

- 2 cups (~396 g) Cooked lentils – *use a lentil that holds its shape well, like a brown, green, French green, or black lentil, but not red lentils*
- ½ tsp Salt to cook lentils + more, to taste
- 3 cups (~273 g) Broccoli (chopped)
- 1 cup (~160 g) Onion (chopped; about half an onion)
- 3 Tbs (~41 g) Neutral oil, divided
- 2 Garlic cloves
- 1 tsp Chili powder
- 16 oz. (~454 g) Shrimp – *raw recommended but pre-cooked can also work; use large or small shrimp, according to your preference*
- 2 Tbs (~31 g) Lemon juice (about 1 lemon), divided
- 1 tsp Smoked paprika

### Instructions:

1. If you do not already have cooked lentils on hand, rinse and sort the lentils. Add 1 cup of lentils and the salt to 3 cups of water and bring to a boil. Reduce to a simmer and cook until tender and water is absorbed, approximately 15-20 minutes, stirring occasionally and adding more water if needed. This will result in 2-3 cups of cooked lentils. You can save any extra lentils or simply add them to this dish and slightly increase the seasonings.



2. Preheat oven to 400°F.
3. Prepare the vegetables. Chop the broccoli and onion into your desired size for a sheet pan meal. Mince the garlic.
4. In a large bowl or directly on a rimmed baking sheet, mix the lentils, broccoli, onion, 2 Tbs oil, a pinch of salt, and chili powder. Roast until vegetables are starting to soften, about 15-20 minutes.
5. While vegetables are roasting, place the shrimp in a bowl with the garlic, 1 Tbs of lemon juice, and remaining 1 Tbs of oil and sprinkle with salt. Stir to coat.
6. At around the 15 minute-mark when the vegetables have softened, carefully remove the baking sheet from the oven and add the shrimp, stirring everything together. If using raw shrimp, roast until shrimp are cooked through (flesh is pearly and opaque) and vegetables are slightly golden, about 10 minutes. If using pre-cooked and frozen shrimp, it will only take about 5 minutes to warm everything through.
7. Remove from the oven and sprinkle on the smoked paprika and the remaining lemon juice. Stir, then taste for seasoning and adjust if needed. Serve warm.

#### Notes:

- **Citizen scientist tips:**
  - To save money, use pre-cooked salad shrimp. Or, simply enjoy this dish without shrimp, as it is still delicious.
  - Top the finished dish with cubed avocado.
  - If you prefer veggies raw and crunchy, cook everything but the broccoli. Mix the broccoli in at the end and enjoy.

Nutrition Facts			
Serving Size 1.00 serving(s) (342g)			
Amount Per Serving			
Calories	331	Calories from Fat	109
% Daily Value			
Total Fat	12.2g		16 %
Saturated Fat	1.7g		9 %
Trans Fat	0.0g		
Cholesterol	142.9mg		48 %
Sodium	977.6mg		43 %
Total Carbohydrate	30.6g		11 %
Dietary Fiber	10.6g		38 %
Sugars	4.9g		
Protein	26.9g		
Vitamin A	23 %	Calcium	10 %
Vitamin C	76 %	Iron	24 %

Recipe adapted from Lentils.org: <https://www.lentils.org/recipe/broccoli-lentil-shrimp-sheet-pan-dinner/>

## Chicken and Bean Bake

*Serves: 4*

*Approximate time: 60 minutes*



*Photo credit: Joan C*

### Ingredients:

- 1 cup (~160 g) Onion (chopped; about half an onion)
- 1 (~119 g) Bell pepper (red, yellow, or orange)
- 12 oz. (~340 g) Chicken thighs (boneless, skinless)
- 2 Garlic cloves
- 1 Tbs (~14 g) Neutral oil
- 1 tsp Thyme (ground)
- ½ tsp Salt, divided
- 2 Tbs (~16 g) Flour
- 1 cup (~240 g) Chicken broth (low-sodium, if desired)
- 1 and ½ cups (~369 g) Fire-roasted canned tomatoes (do not drain)
- 3 cups (~531 g) Cooked great northern beans
- ¼ cup (~15 g) Parsley (chopped)
- Cooking spray

### Topping:

- ½ cup (~54 g) Breadcrumbs (plain)
- ½ cup (~40 g) Parmesan cheese – *recommend freshly grating your own instead of pre-grated/shredded*
- 1 Tbs (~14 g) Butter (unsalted or salted)

### Instructions:

1. Preheat oven to 375°F.
2. Chop the onions, bell pepper, and chicken into desired bite size. Mince garlic.
3. In a large skillet, sauté the onion and bell pepper in the oil with the garlic, thyme, and ¼ tsp salt. Stir occasionally.

4. When the onions are starting to turn translucent and the thyme is fragrant, add the chicken and cook until the pink is gone. *You will continue cooking the chicken after this, so it's okay if it has not yet reached a minimum internal temperature of 165°F.*
5. Add the flour and stir to coat. Cook for about 1-2 minutes. Then, add the chicken broth and tomato. Cook until mixture thickens to more of a stew consistency.
6. While waiting, drain the great northern beans. Rinse if using canned. Finely chop the parsley, so it will distribute well throughout the dish.
7. When the mixture has thickened, add the beans and parsley. Stir. Chicken should be fully cooked through by this point, reaching a minimum internal temperature of 165°F. Taste for seasoning.
8. Prepare your topping. Shred/grate the cheese and add to a medium bowl, along with the breadcrumbs. Melt the butter and drizzle over the cheese and breadcrumbs, stirring to evenly coat.
9. Spray an 8x8 baking dish or similar sized casserole pan with cooking spray. Pour in the bean and chicken mixture. Sprinkle with the topping.
10. Bake for about 30 minutes, or until the bake is bubbling and the topping is golden brown and crispy. Serve warm.

**Notes:**

- Allowing it to cool slightly in the pan makes this dish easier to serve (it holds its shape better when not as hot).
- **Citizen scientist tip:** Use bean broth (the leftover cooking liquid from cooking your own dry beans at home) in place of chicken stock in recipes. You may need to adjust the seasoning accordingly, depending on what you added to your beans when cooking them.

Nutrition Facts			
Serving Size 1.00 serving(s) (452g)			
Amount Per Serving			
Calories	477	Calories from Fat	128
% Daily Value			
<b>Total Fat</b>	14.2g		18 %
Saturated Fat	5.1g		26 %
Trans Fat	0.2g		
<b>Cholesterol</b>	96.7mg		32 %
<b>Sodium</b>	898.4mg		39 %
<b>Total Carbohydrate</b>	52.8g		19 %
Dietary Fiber	13.0g		46 %
Sugars	8.6g		
<b>Protein</b>	34.9g		
Vitamin A	13 %	Calcium	18 %
Vitamin C	38 %	Iron	31 %

*Recipe adapted from Dr. Terry Hartman*

## Pinto and Ham Soup

*Serves: 4*

*Approximate time: 40 minutes*



*Photo credit: Amelia H*

### Ingredients:

- 1 cup (~160 g) Onion (chopped; about half an onion)
- 1 cup (~122 g) Carrot (chopped; about 2 large carrots)
- 1 cup (~100 g) Celery (chopped; about 2 celery stalks)
- 4 cups (~270 g) Kale (chopped)
- 3 Garlic cloves, or to taste
- 1 Tbs (~14 g) Neutral oil
- ¼ tsp Salt + more, to taste
- ½ tsp Chili flakes
- ½ tsp Cumin
- 3 cups (~513 g) Cooked pinto beans
- 8 oz. (~227 g) Ham (cubed)
- 4 cups (~960 g) Chicken broth (low-sodium, if desired)
- Serving suggestion: Serve with toasted bread or a side of a grain like brown rice

### Instructions:

1. Prepare the vegetables. Chop the onion, carrots, and celery to your desired bite size in soup. Separate the kale leaves from the stems. Chop the stems finely (kale stems soften

well with cooking and this helps prevent food waste!) and roughly chop the leaves. Mince the garlic.

2. In a large pot, sauté the onion, carrot, celery, kale stems, and garlic in the oil, along with the salt, chili flakes, and cumin. Stir occasionally.
3. While waiting, drain the beans, keeping the cooking liquid if you cooked the beans at home. You can add some of this cooking liquid to your soup for extra flavorful broth. Rinse beans if using canned. Chop the ham into your desired bite size for soup.
4. After the onions have turned translucent, add the beans, ham, and chicken broth. Simmer until the beans and ham are warmed through and vegetables are softened (~15 minutes).
5. Add the kale leaves and simmer with the lid on until kale has softened to your desired texture. Taste for flavor and adjust as necessary.
6. Serve hot.

#### Notes:

- Other hearty greens, like collard greens, also work well in place of the kale.
- If you prefer more broth in your soups, you may want to add an extra cup of chicken or bean broth.
- **Citizen scientist tip:** This recipe works without ham, too.

Nutrition Facts			
Serving Size 1.00 serving(s) (609g)			
Amount Per Serving			
Calories	389	Calories from Fat	94
% Daily Value			
Total Fat	10.4g		13 %
Saturated Fat	2.1g		11 %
Trans Fat	0.0g		
Cholesterol	40.3mg		13 %
Sodium	850.3mg		37 %
Total Carbohydrate	48.6g		18 %
Dietary Fiber	16.5g		59 %
Sugars	5.1g		
Protein	29.4g		
Vitamin A	170 %	Calcium	22 %
Vitamin C	92 %	Iron	30 %

Recipe adapted from Colorado Dry Beans: <https://coloradodrybeans.org/celebrate-national-soup-month-with-colorado-pintos/>



## Chicken and Pasta with Beans

*Serves: 4*

*Approximate time: 40 minutes*



*Photo credit: Jean W*

### Ingredients:

- 8-oz. (~227 g) Whole wheat pasta (dry), your favorite shape – *make sure to reserve your pasta cooking water*
- 3 cups (~273 g) Broccoli (chopped)
- 2 large (~246 g) Tomatoes or 2 cups Cherry tomatoes
- 12 oz. (~340 g) Chicken breast or thighs (boneless, skinless)
- 1 Tbs (~14 g) Olive or neutral oil
- 2 - 4 Garlic cloves, to taste
- Salt, or to taste
- ¼ - ½ tsp Pepper, or to taste
- ¼ - ½ tsp Chili flakes, or to taste (optional)
- 1 cup (~80 g) Parmesan or other savory cheese – *recommend freshly grating your own instead of pre-grated/shredded*
- ¼ cup (~15 g) Parsley (chopped; optional)
- 3 cups (~531 g) Cooked red kidney beans

### Instructions:

1. Cook pasta according to package instructions, in salted water. When it is al dente, drain it over a container to save the pasta cooking water – you will be using some of this! Work on other steps as pasta is cooking.

2. Chop the broccoli into bite-sized pieces. Roughly chop the tomato – it will essentially dissolve into the sauce, so don't worry about precise chopping. Mince the garlic. Chop the chicken into bite-sized pieces.
3. In a large skillet over medium heat, sauté the broccoli and tomato in the oil with garlic, a pinch of salt, pepper, and chili flakes. Cook with the lid on and add a splash of water if needed to prevent burning/sticking. When the tomato has broken down and the broccoli is starting to soften, add the chicken. Or, if you prefer vegetables to be crunchier and less cooked, you can add the chicken at the beginning, when you first start cooking the vegetables. Cook chicken through. *Food safety note: chicken should reach a minimum internal temperature of 165°F.*
4. While waiting for ingredients to cook, chop the parsley and grate/shred the cheese. Set some parsley and/or cheese aside to garnish if desired. Drain the beans; rinse if using canned.
5. Add beans and parsley to the chicken-vegetable mixture and cook until warmed through.
6. Then, add the cheese, pasta, and ½ cup of pasta cooking water and stir. The cheese and water will become a sort of sauce to coat the pasta. Add an additional ½ cup of cooking water if needed.
7. Serve hot, sprinkling with extra parsley and cheese if desired.

**Notes:**

- Fresh tomatoes are preferable, but canned can work.

Nutrition Facts			
Serving Size 1.00 serving(s) (435g)			
Amount Per Serving			
Calories	625	Calories from Fat	126
% Daily Value			
Total Fat	14.0g		18 %
	Saturated Fat	4.4g	22 %
	Trans Fat	0.2g	
Cholesterol	79.3mg		26 %
Sodium	577.4mg		25 %
Total Carbohydrate	82.9g		30 %
	Dietary Fiber	16.4g	59 %
	Sugars	4.8g	
Protein	47.0g		
Vitamin A	30 %	Calcium	22 %
Vitamin C	85 %	Iron	35 %

*Recipe adapted from Dr. Terry Hartman*

## Creamy Lentil Pasta

*Serves: 4*

*Approximate time: 45 minutes*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

#### Pasta:

- 8.8-oz. (~250 g) package of Lentil spaghetti, or preferred pasta shape (dry) – *make sure to reserve the pasta cooking water*
- 1 cup (~160 g) Onion (chopped; about half an onion)
- 1 - 2 Garlic cloves, or to taste
- 2 cups (~192 g) White mushrooms, or mushroom of choice
- 4 Green onions
- 1 Tbs (~14 g) Neutral oil
- ¼ - ½ tsp Chili flakes, to taste
- ½ tsp Salt, or to taste
- 2 cups (~288 g) Green peas (frozen or fresh)
- 4 Tbs (~20 g) Parmesan or other savory, salty cheese – *recommend freshly grating your own instead of pre-grated/shredded*

#### Creamy Tofu Sauce:

- 16 oz. (1-lb) block Firm tofu
- ¼ - ½ cup (~10 - 30 g) Parsley or Basil (or a mix of both), or to taste
- 1 Garlic clove
- ½ tsp Salt
- ½ tsp Pepper
- 1 Tbs (~15 g) Lemon juice (about half a lemon), or to taste
- 1 cup Reserved pasta cooking water

### Instructions:

1. Set a pot of water to boil. Cook the lentil pasta according to package instructions, in salted water. When it is al dente, drain it over a container to save the pasta cooking water – you will be using some of this! Work on other steps as pasta is cooking.
2. Chop the onion to desired bite size for pasta. Mince the garlic (for the pasta, not for the tofu sauce). Halve or quarter the mushrooms, depending on size. Finely chop the green onion, separating the green and white parts.
3. In a large skillet over medium heat, sauté onions and garlic in the oil with the chili flakes and a pinch of salt over medium heat, stirring occasionally.
4. When the onion is translucent, add the mushrooms, white parts of the green onions, peas, and ½ tsp salt. Sauté until mushrooms are cooked and have reduced in size and are no longer releasing liquid.
5. While doing this, make the creamy tofu sauce. In a food processor or high-powered blender, add the tofu, herbs, garlic, salt, pepper, lemon juice, and 1 cup of reserved pasta water. Start with just ¼ cup of the herbs. Blend to make a creamy sauce, scraping down the sides as needed. Taste for flavor and add more herbs as needed. You can also save some herbs for garnishing if you would like.
6. To the vegetables, add the lentil pasta, tofu sauce, and green parts of the green onions, reserving some green onion for garnish if desired. Stir to evenly coat. Cook to warm through and leave the lid on for a couple minutes to allow the pasta to soak up some of the sauce.
7. Taste for seasoning and adjust if necessary. Top with freshly grated parmesan and extra herbs and green onions, if desired. Serve hot.

### Notes:

- Chickpea or bean pasta can work well in place of the lentil pasta. If you cannot find an 8.8-oz package, just approximate that amount of pasta to the best of your ability – this is a somewhat flexible recipe.

Nutrition Facts			
Serving Size 1.00 serving(s) (374g)			
Amount Per Serving			
Calories	439	Calories from Fat	112
% Daily Value			
Total Fat	12.4g		16 %
Saturated Fat	2.0g		10 %
Trans Fat	0.0g		
Cholesterol	4.3mg		1 %
Sodium	771.8mg		34 %
Total Carbohydrate	58.9g		21 %
Dietary Fiber	13.1g		47 %
Sugars	7.9g		
Protein	31.6g		
Vitamin A	43 %	Calcium	24 %
Vitamin C	31 %	Iron	41 %

Recipe adapted from A Legume a Day: <https://alegumeaday.com/creamy-chickpea-pasta/>

## Summery Split Pea and Tomato Salad

*Serves: 4*

*Approximate time: 25 minutes (if split peas and quinoa are ready)*



*Photo credit: [A Legume a Day](#)*

### Ingredients:

- 3 cups (~588 g) Cooked split peas
- 1 cup (~185 g) Cooked quinoa
- 1 cup (~160 g) Cherry tomatoes
- 1 and ½ cups (~246 g) Corn (frozen or canned and drained)
- 5 Tbs (~75 g) Lemon juice (about 2 lemons)
- 3 Tbs (~41 g) Olive oil
- 1 Tbs (~15 g) Dijon mustard
- 2 tsp (~14 g) Honey
- ½ tsp Black pepper
- ¼ - ½ tsp Chili flakes (optional)
- ¼ cup (~6 g) Basil (chopped)
- 2 Tbs (~6 g) Chives (fresh; diced), or 1-2 Green onions
- ¼ cup (~15 g) Parsley (chopped) (optional)
- 2 Tbs (~1 g) Dill (chopped) (optional)
- ¼ cup (~32 g) Pepitas or sunflower seeds
- ½ cup (~56 g) Feta cheese (crumbled) *\*See note*

### Instructions:

1. If you do not have cooked split peas or quinoa on hand, prepare those first.
  - a. Cook split peas in salted water until tender and they have evenly softened through, about 20-30 minutes. If you want the split peas to hold their shape in



the salad, stop cooking once they are tender. If you would like a softer texture, slightly overcook them. This creates a sort of split pea sauce that the quinoa absorbs and will help coat the salad. Cooking 1 and ½ cups of dry split peas in about 6 cups of salted water will result in slightly more than 3 cups of cooked split peas. You can always cook extra to save in the refrigerator or freezer for later.

- b. If you do not have cooked quinoa on hand, cook according to package instructions. To get 1 cup, you will need about 1/3 - ½ cup dry quinoa.
2. Add the split peas and quinoa to a large bowl and allow to cool to room temperature.
3. Halve or quarter the tomatoes (depending on size) and add to a large bowl. Drain the corn and add that as well.
4. In a small bowl, whisk the dressing ingredients: lemon juice, olive oil, Dijon mustard, honey, black pepper, and chili flakes.
5. Pour dressing over the salad and stir well to coat.
6. Roughly chop the herbs you are using, and finely dice the green onion if using. Add basil, chives/green onions, parsley, and/or dill to the split peas and stir.
7. Sprinkle over the pepitas/sunflower seeds and feta and incorporate lightly. Taste for seasoning and adjust if necessary. Serve.

#### Notes:

- *\*If you can find a block of feta and crumble it yourself, it is generally much more flavorful and can also be more affordable.*
- Try adding fire-roasted corn for an extra burst of summery flavor.
- Cook extra split peas and quinoa to enjoy later. You can freeze these cooked grains to eat later if you do not plan to use them within a few days of cooking.
- **Citizen scientist tips:** Mix other beans into this salad – in addition to the split peas or instead of them. Top this dish with a jammy egg.

Nutrition Facts			
Serving Size 1.00 serving(s) (360g)			
Amount Per Serving			
<b>Calories</b>	466	<b>Calories from Fat</b>	176
% Daily Value			
<b>Total Fat</b>	19.5g		25 %
Saturated Fat	3.9g		20 %
Trans Fat	0.0g		
<b>Cholesterol</b>	10.0mg		3 %
<b>Sodium</b>	440.9mg		19 %
<b>Total Carbohydrate</b>	58.4g		21 %
Dietary Fiber	16.5g		59 %
Sugars	12.1g		
<b>Protein</b>	20.4g		
Vitamin A	11 %	Calcium	7 %
Vitamin C	23 %	Iron	20 %

Recipe adapted from Wholefully: <https://wholefully.com/summer-split-pea-recipe/>

## Conclusion

*Thank you for joining us on a bean-tastic culinary journey with the Bean Cuisine!*

We are always looking for more bean recipes and would love to hear from you. To provide feedback on the recipes in this collection, or to suggest new recipes, please contact Chelsea Diding at [alegumeaday@gmail.com](mailto:alegumeaday@gmail.com).

## Looking for More Information?

Check out these websites for more information about beans:

- At **Colorado State University Extension's Food Smart Colorado**, you can find information about a wide variety of topics, including food safety, nutrition and health, and more. There is of course information about cooking beans, too:

<https://foodsmartcolorado.colostate.edu/>



- The **Colorado Dry Bean Committee** is a non-profit that promotes bean growers and processors in the state of Colorado. You can find more information on beans in general, information about bean research in Colorado, recipe ideas, and more:

<https://www.coloradodrybeans.org/>



- **A Legume a Day** is where Chelsea shares behind-the-scenes insights into the world of beans, from photos of beans in the field and around the world, to updates about what the scientific literature says, to bean recipes to inspire you in the kitchen:

<https://alegumeaday.com/>





# BEAN CUISINE

