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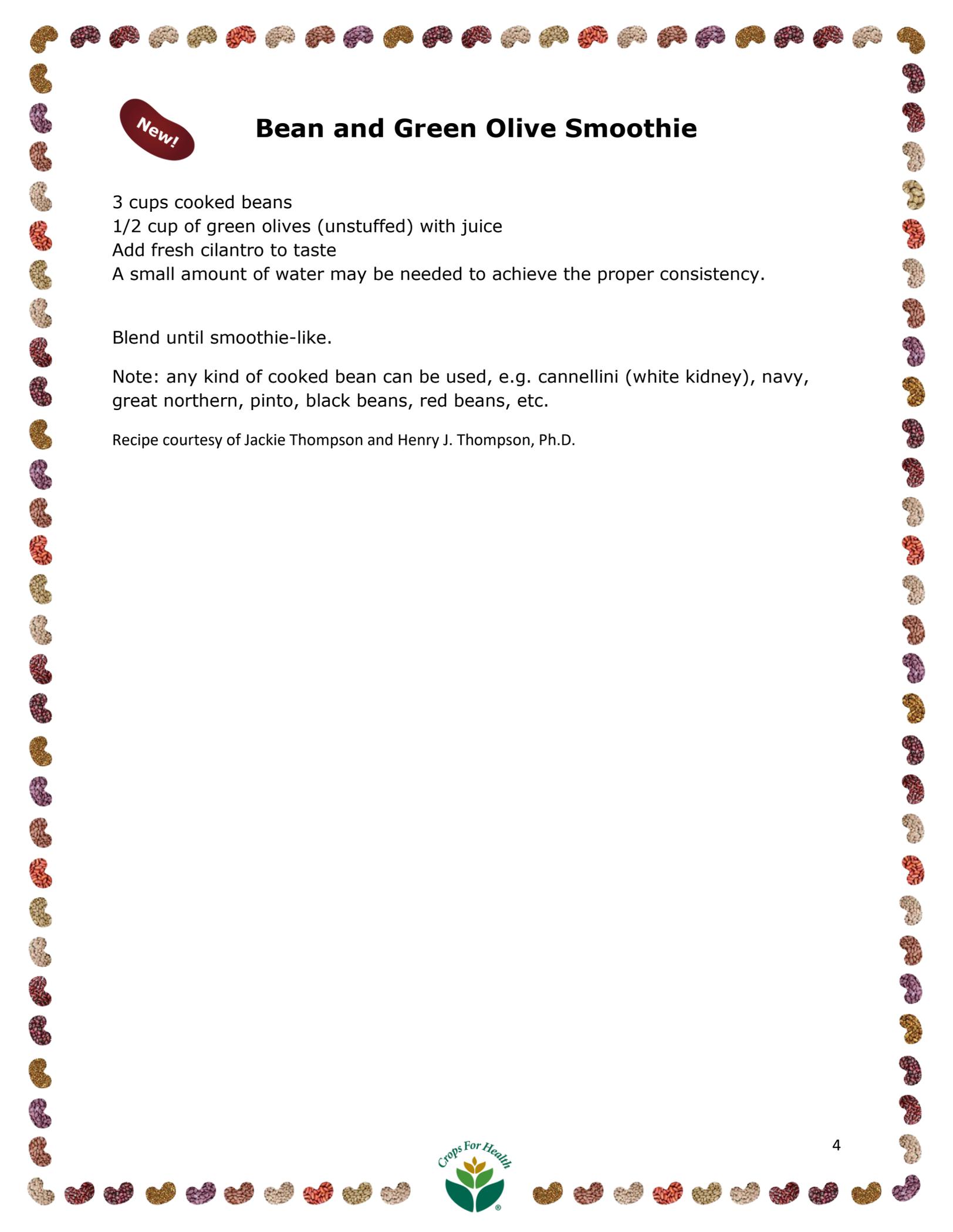


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New!

Bean and Green Olive Smoothie

3 cups cooked beans

1/2 cup of green olives (unstuffed) with juice

Add fresh cilantro to taste

A small amount of water may be needed to achieve the proper consistency.

Blend until smoothie-like.

Note: any kind of cooked bean can be used, e.g. cannellini (white kidney), navy, great northern, pinto, black beans, red beans, etc.

Recipe courtesy of Jackie Thompson and Henry J. Thompson, Ph.D.

Black Bean and Orange Salsa

1 navel orange
1 can (15 oz.) black beans, rinsed and drained
1 small yellow bell pepper, seeded and finely chopped
1 jalapeño pepper, seeded and finely chopped
1/2 cup finely chopped cilantro leaves (stems removed)
1/2 cup finely chopped scallions, white and green parts
1 Tbsp. fresh lime juice
1 tsp. canola oil
Salt and freshly ground black pepper, to taste

Grate 1 teaspoon of zest from orange, and set aside. Peel and section orange, holding it over a medium bowl to reserve juice. Chop sections and place them, with all juice collected into bowl. Add beans, yellow pepper, jalapeño, cilantro and scallions.

Whisk together lime juice and oil in small bowl. Mix it into salsa, tossing with fork to combine. Season to taste with salt and pepper.

Mix in orange zest. Let salsa stand 30 minutes before serving to allow flavors to develop and meld.

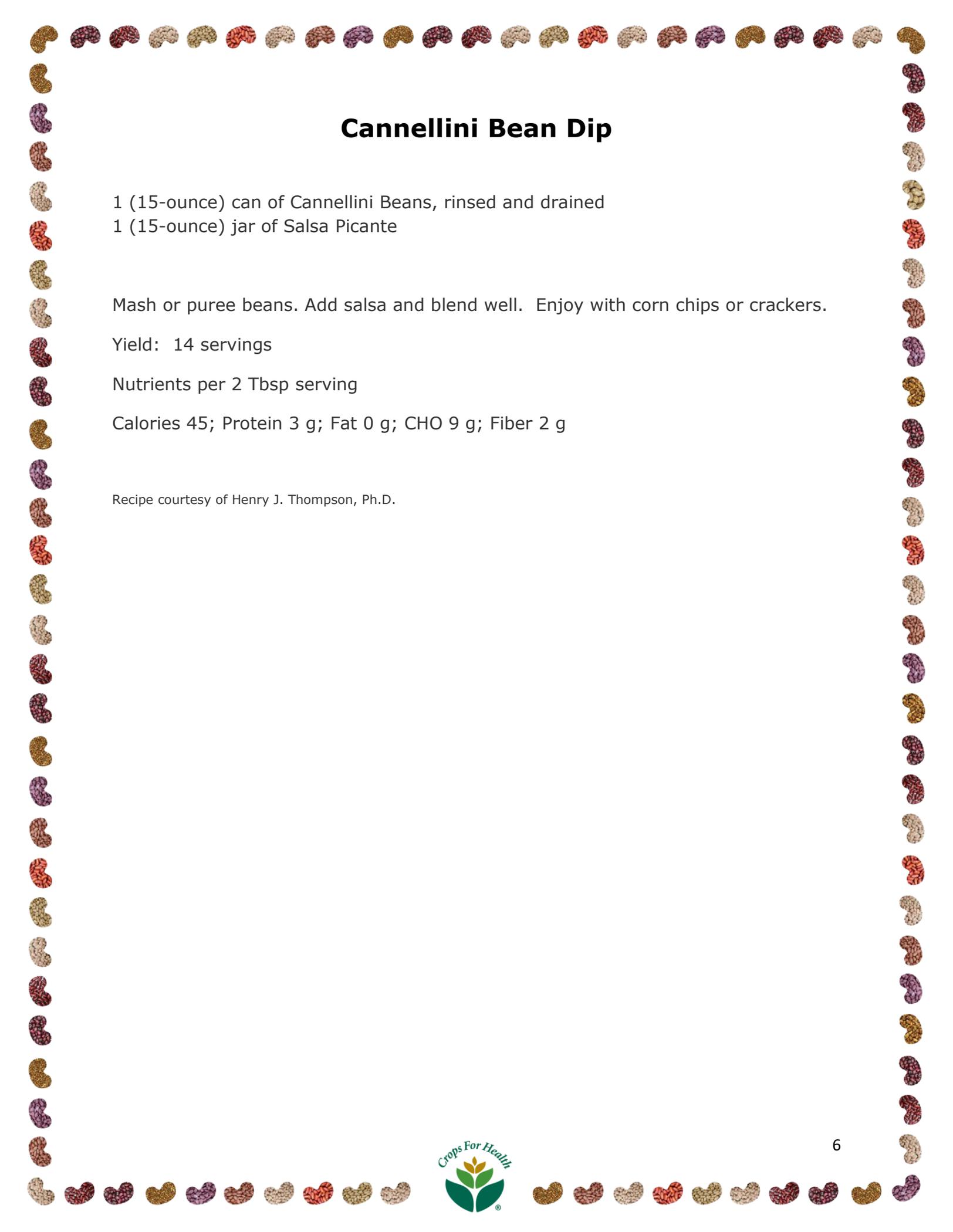
This salsa keeps for 24 hours, tightly covered, in refrigerator.

Makes 8 servings.

Per serving: 65 calories, 1 g. total fat (0 g. saturated fat), 11 g. carbohydrate, 3 g. protein, 4 g. dietary fiber, 166 mg. sodium.

Recipe courtesy of AICR

http://www.aicr.org/site/News2?page=NewsArticle&id=12106&news_iv_ctrl=0&abbr=pr_hf_



Cannellini Bean Dip

1 (15-ounce) can of Cannellini Beans, rinsed and drained
1 (15-ounce) jar of Salsa Picante

Mash or puree beans. Add salsa and blend well. Enjoy with corn chips or crackers.

Yield: 14 servings

Nutrients per 2 Tbsp serving

Calories 45; Protein 3 g; Fat 0 g; CHO 9 g; Fiber 2 g

Recipe courtesy of Henry J. Thompson, Ph.D.

Garlic & White Bean Dip

1/2 cup Roasted-Garlic Oil (see recipe link below)
1 1/2 cups chopped onion
1/2 teaspoon salt
1 15-ounce can cannellini beans, rinsed
1/2 cup Oil-Poached garlic Puree (see recipe link below)
1 teaspoon lemon juice

Add oil, onion and salt to a large skillet and cook over medium heat until the onion is softened but not browned, 6 to 9 minutes. Stir in beans and cook until heated through, about 2 minutes. Transfer to a food processor and add garlic puree and lemon juice and puree until smooth, scraping down the sides if necessary. Serve warm or cold.

Serve with whole-wheat pita wedges brushed with roasted garlic oil and baked at 350°F until crispy, 10 to 15 minutes.

Make Ahead Tip: Cover and refrigerate the dip for up to 3 days.

Other necessary recipes:

[Oil-Poached-Garlic Puree & Roasted-Garlic Oil](#)

Yield: 2 cups

Calories 33 (27% from fat); Protein 2 g; Fat 1 g; CHO 6 g; Fiber 2 g;
Sodium 136 mg

Recipe adapted from Cooking.com (original source, *EatingWell* magazine), 1/1/2008
<http://www.cooking.com/Recipes-and-More/recipes/Garlic-White-Bean-Dip-recipe-9554.aspx>

Layered Bean Dip

1 (16-ounce) can fat-free refried beans
1 (15-ounce) can black beans, rinsed and drained
1/2 cup reduced-fat sour cream
1 cup bottled salsa
1 cup (4 ounces) preshredded reduced-fat Mexican blend or cheddar cheese
Chopped cilantro (optional)

Preheat oven to 375°.

Combine beans; spread in an 8-inch square baking dish. Spread sour cream over beans; top with salsa and cheese. Cover; bake at 375° for 20 minutes. Uncover; bake 10 minutes or until bubbly. Garnish with cilantro, if desired.

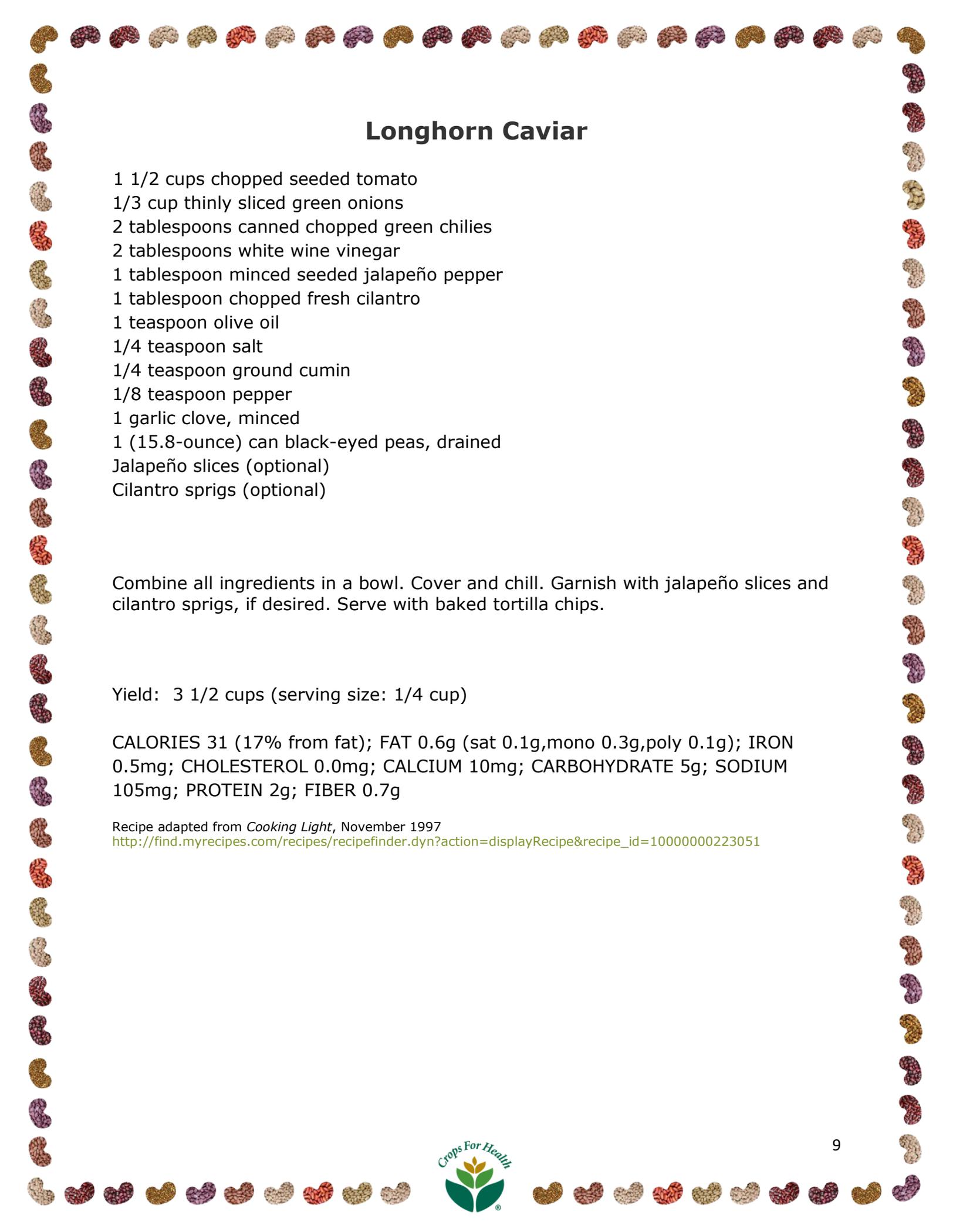
Note: To make pita chips, cut 5 (6-inch) onion-flavored or regular pitas into 8 wedges each. Arrange on a baking sheet coated with cooking spray. Lightly coat tops of wedges with cooking spray, sprinkle with 1/2 teaspoon garlic powder and 1/4 teaspoon salt. Bake at 375° for 8 minutes or until lightly browned.

Yield: about 2 1/2 cups dip (serving size: 1/4 cup)

CALORIES 107 (19% from fat); FAT 2.3g (sat 1.4g, mono 0.2g, poly 0.0g); IRON 1.6mg; CHOLESTEROL 9mg; CALCIUM 111mg; CARBOHYDRATE 15.8g; SODIUM 497mg; PROTEIN 8.8g; FIBER 5.8g

Recipe adapted from Cooking Light, September 2001

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000226694



Longhorn Caviar

1 1/2 cups chopped seeded tomato
1/3 cup thinly sliced green onions
2 tablespoons canned chopped green chilies
2 tablespoons white wine vinegar
1 tablespoon minced seeded jalapeño pepper
1 tablespoon chopped fresh cilantro
1 teaspoon olive oil
1/4 teaspoon salt
1/4 teaspoon ground cumin
1/8 teaspoon pepper
1 garlic clove, minced
1 (15.8-ounce) can black-eyed peas, drained
Jalapeño slices (optional)
Cilantro sprigs (optional)

Combine all ingredients in a bowl. Cover and chill. Garnish with jalapeño slices and cilantro sprigs, if desired. Serve with baked tortilla chips.

Yield: 3 1/2 cups (serving size: 1/4 cup)

CALORIES 31 (17% from fat); FAT 0.6g (sat 0.1g,mono 0.3g,poly 0.1g); IRON 0.5mg; CHOLESTEROL 0.0mg; CALCIUM 10mg; CARBOHYDRATE 5g; SODIUM 105mg; PROTEIN 2g; FIBER 0.7g

Recipe adapted from *Cooking Light*, November 1997

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000223051

Roasted Red Pepper Hummus

1 jar (7 oz.) roasted red peppers, drained
1 can (15 oz.) chickpeas, drained and rinsed
1 can (15 oz.) cannellini (white kidney) beans, drained and rinsed
1/4 cup tahini (sesame paste)
2 garlic cloves, minced
2 Tbsp. freshly squeezed lemon juice, or to taste
1 tsp. ground cumin
Salt and freshly ground black pepper, to taste

In a blender or food processor, combine all ingredients except salt and pepper. Blend the mixture until smooth. Allow mixture to stand for 30 minutes or more to allow flavors to develop fully. Season to taste with salt and pepper.

Serve chilled or at room temperature with cool vegetables of your choice.

Makes 24 servings.

Per serving (2 Tbsp.): 61 calories, 2 g. total fat (less than 1 g. saturated fat), 9 g. carbohydrate,
2 g. protein, 2 g. dietary fiber, 108 mg. sodium.

Recipe courtesy of AICR

http://www.aicr.org/site/News2?page=NewsArticle&id=11856&news_iv_ctrl=0&abbr=pr_hf_

Spicy Black Bean Hummus

1 garlic clove, peeled
2 tablespoons fresh lemon juice
1 tablespoon tahini (roasted sesame seed paste)
1 teaspoon ground cumin
1/4 teaspoon salt
1 (15-ounce) can black beans, rinsed and drained
1 small jalapeño pepper, chopped (about 2 tablespoons)
Dash of crushed red pepper
2 teaspoons extra-virgin olive oil
Dash of ground red pepper
1 (6-ounce) bag pita chips (such as Stacy's Simply Naked)

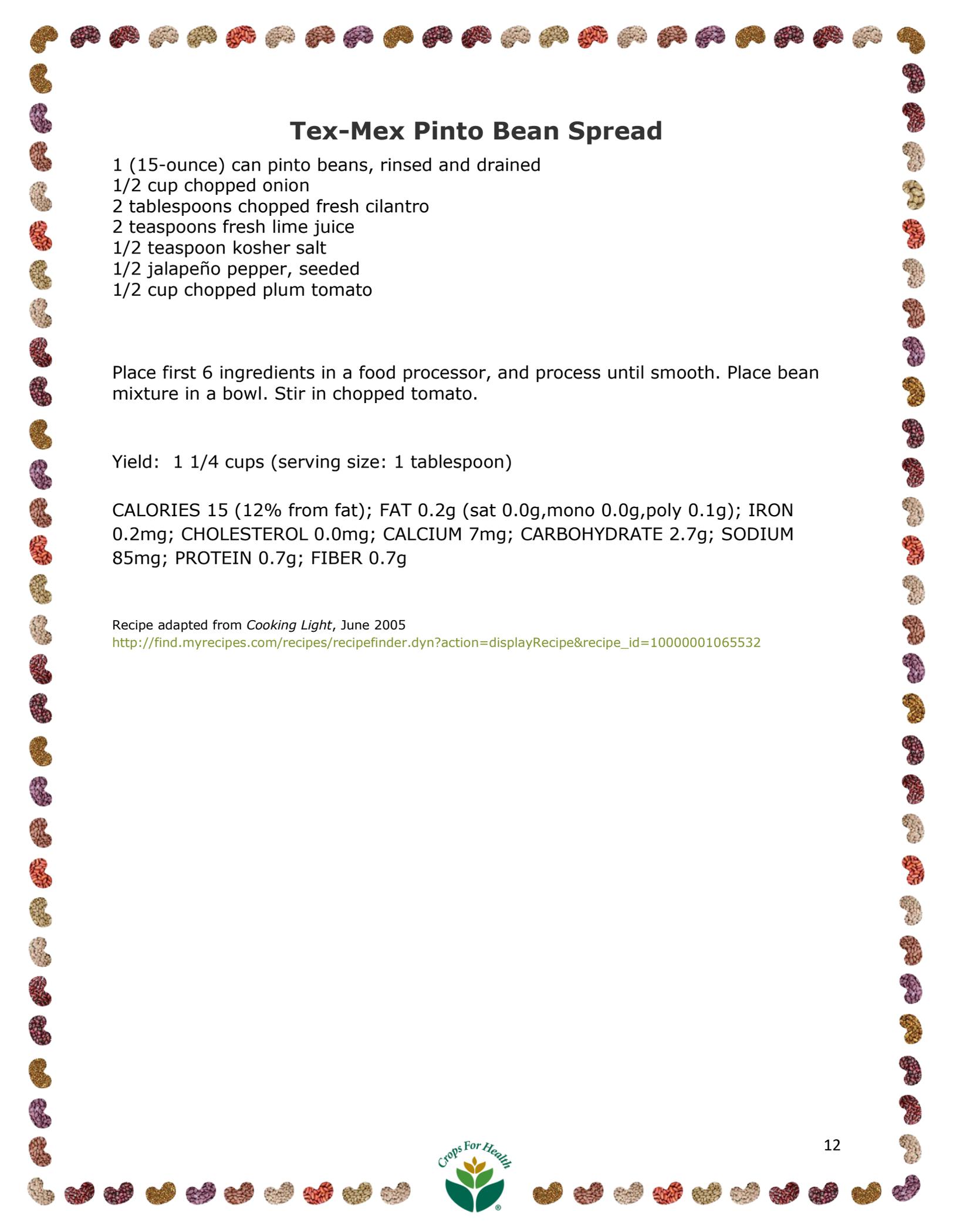
Place garlic in a food processor; process until finely chopped. Add lemon juice, tahini, cumin, salt, black beans, jalapeño pepper, and crushed red pepper; process until smooth. Spoon bean mixture into a medium bowl, and drizzle with extra-virgin olive oil. Sprinkle with ground red pepper. Serve with pita chips.

Yield: 8 servings (serving size: about 2 1/2 tablespoons hummus and 4 chips)

CALORIES 148 (0.0% from fat); FAT 6.2g (sat 0.7g,mono 1.2g,poly 0.6g); IRON 1.7mg; CHOLESTEROL 0.0mg; CALCIUM 16mg; CARBOHYDRATE 20.6g; SODIUM 381mg; PROTEIN 4.5g; FIBER 3.5g

Recipe adapted from *Cooking Light*, January 2009

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001867600



Tex-Mex Pinto Bean Spread

1 (15-ounce) can pinto beans, rinsed and drained
1/2 cup chopped onion
2 tablespoons chopped fresh cilantro
2 teaspoons fresh lime juice
1/2 teaspoon kosher salt
1/2 jalapeño pepper, seeded
1/2 cup chopped plum tomato

Place first 6 ingredients in a food processor, and process until smooth. Place bean mixture in a bowl. Stir in chopped tomato.

Yield: 1 1/4 cups (serving size: 1 tablespoon)

CALORIES 15 (12% from fat); FAT 0.2g (sat 0.0g,mono 0.0g,poly 0.1g); IRON 0.2mg; CHOLESTEROL 0.0mg; CALCIUM 7mg; CARBOHYDRATE 2.7g; SODIUM 85mg; PROTEIN 0.7g; FIBER 0.7g

Recipe adapted from *Cooking Light*, June 2005

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001065532

White Bean and Bacon Dip with Rosemary Pita Chips

CHIPS:

1/2 teaspoon dried crushed rosemary
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/8 teaspoon freshly ground black pepper
3 (6-inch) pitas, each cut into 8 wedges
Cooking spray

DIP:

2 applewood-smoked bacon slices, chopped
4 garlic cloves, minced
1/3 cup fat-free, less-sodium chicken broth
1 (19-ounce) can cannellini beans, drained
1/4 cup chopped green onions
1 tablespoon fresh lemon juice
1/2 teaspoon hot sauce
1/8 teaspoon salt
1/8 teaspoon paprika

Preheat oven to 350°.

To prepare chips, combine first 4 ingredients. Arrange pita wedges in a single layer on a baking sheet. Lightly coat pita wedges with cooking spray; sprinkle evenly with rosemary mixture. Lightly recoat pita wedges with cooking spray. Bake at 350° for 20 minutes or until golden.

To prepare dip, cook bacon in a small saucepan over medium heat until crisp. Remove bacon from pan with a slotted spoon; set aside. Add garlic to drippings in pan; cook 1 minute, stirring frequently. Add broth and beans; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes.

Combine bean mixture, onions, and remaining ingredients in a food processor, and process until smooth. Spoon mixture into a bowl; stir in 1 tablespoon reserved bacon. Sprinkle dip with remaining bacon just before serving. Serve with pita chips.

Yield: 8 servings (serving size: 3 pita chips and 3 tablespoons dip)

CALORIES 137 (25% from fat); FAT 3.8g (sat 1.3g, mono 1.5g, poly 0.7g); IRON 1.4mg; CHOLESTEROL 3.8mg; CALCIUM 39mg; CARBOHYDRATE 20.5g; SODIUM 397mg; PROTEIN 4.7g; FIBER 2.6g

Recipe adapted from *Cooking Light*, May 2003

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000453963





White Bean Bruschetta

1/4 cup chopped fresh flat-leaf parsley
1 1/2 tablespoons fresh lemon juice
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 large garlic clove
1 (19-ounce) can cannellini beans or other white beans, rinsed and drained
3 tablespoons extravirgin olive oil
2 teaspoons water
1 (10-ounce) French bread baguette, cut into 24 (1/2-inch-thick) slices

Preheat oven to 350°.

Place parsley, juice, salt, pepper, garlic, and beans in a food processor; process until smooth. With processor on, slowly add oil through food chute. Add 2 teaspoons water, 1 teaspoon at a time; process until creamy.

Place bread on a baking sheet. Bake at 350° for 5 minutes on each side or until lightly browned. Serve with white bean spread.

Yield: 12 servings (serving size: 2 baguette slices and about 2 tablespoons spread)

CALORIES 123 (26% from fat); FAT 3.5g (sat 0.5g, mono 2.5g, poly 0.5g); IRON 1.4mg; CHOLESTEROL 0.0mg; CALCIUM 14mg; CARBOHYDRATE 19.7g; SODIUM 310mg; PROTEIN 3.6g; FIBER 1.9g

Recipe adapted from *Cooking Light*, December 2006

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001559207

Black Bean Soup with Avocado and Watercress

1 Tbsp. canola oil
1 cup prepared mild chunky salsa
1 can (15 oz.) black beans, rinsed and drained
1 tsp. ground cumin
1/2 tsp. ground coriander
2 cups water
Lime juice, to taste
Salt and freshly ground black pepper, to taste
Dash cayenne pepper, to taste (optional)
1/4 cup cubed ripe avocado
1 cup minced watercress, for garnis

In large soup pot, heat oil over medium heat. Sauté salsa, black beans, cumin and coriander for 3-4 minutes, or until tomatoes in salsa are soft and mixture is aromatic. Add water. Bring to boil, then reduce heat to low and simmer, uncovered, for 10 minutes. In blender, purée soup until smooth. Return to pot and add lime juice to taste. Season to taste with salt, pepper and cayenne, if desired. Serve hot or chilled in individual bowls garnished with avocado and watercress.

Makes 4 servings.

Per serving: 140 calories, 5 g total fat (0 g saturated fat), 19 g carbohydrate, 7 g protein, 6 g dietary fiber, 330 mg sodium

Recipe courtesy of AICR

http://www.aicr.org/site/News2?page=NewsArticle&id=18783&news_iv_ctrl=1125

Boston Bean Soup

1 cup dried pinto beans, or 2 cans (15 oz. each) cooked pintos, drained
2 medium tomatoes, seeded and chopped
1 rib celery, sliced
1 medium onion, chopped
1 bay leaf
1 can (15 oz.) reduced-sodium, fat-free beef broth
Salt and freshly ground black pepper to taste

1. If using canned beans, ignore this step. If using dried beans, place in small Dutch casserole. Add 3 cups cold water. Cover and bring to a boil. Remove from heat and soak 1 hour. Drain well.

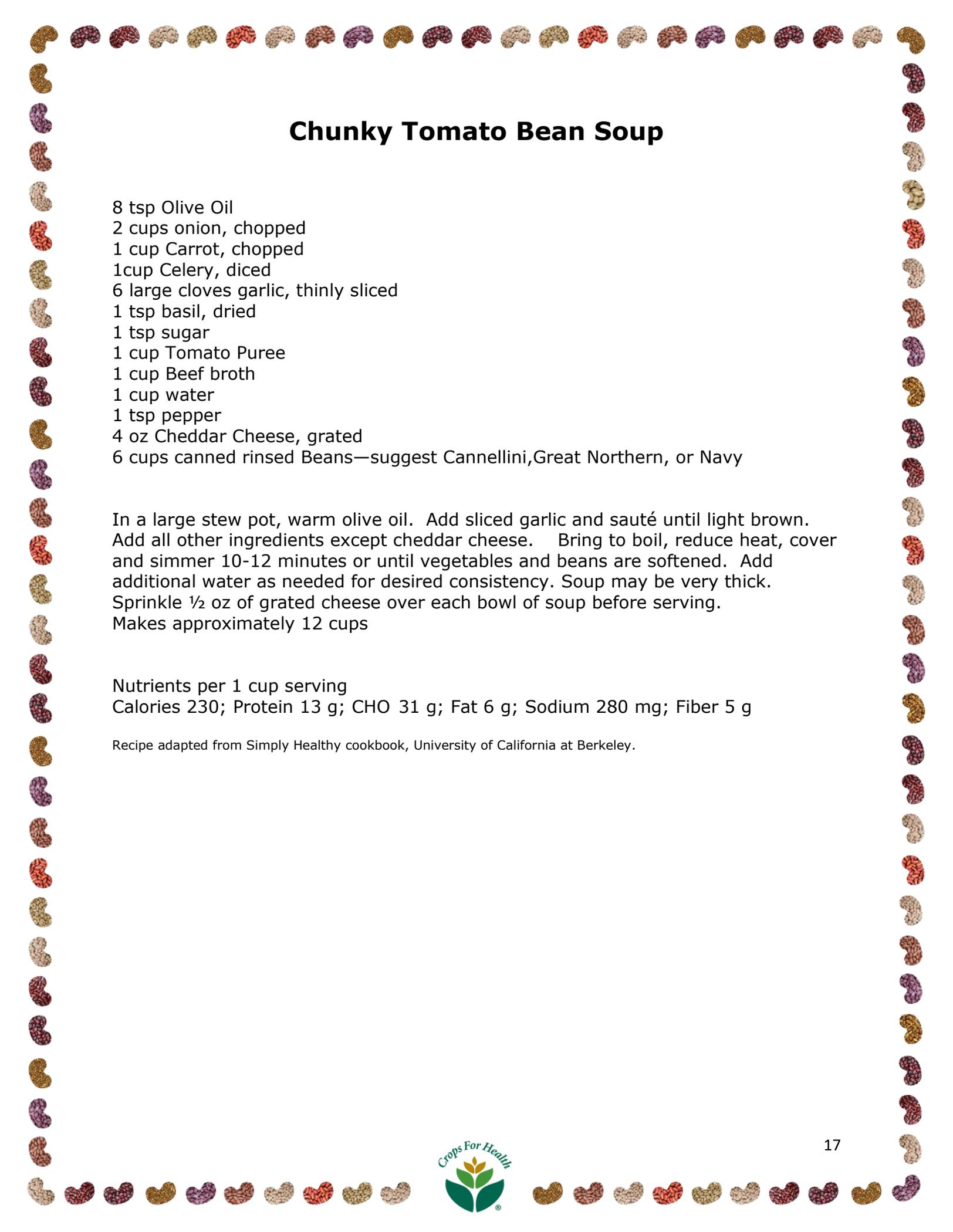
2. In medium pan mix together beans, tomatoes, celery, onion, bay leaf and broth. Cover and bring to boil over medium-high heat. Reduce heat and simmer until vegetables are quite soft, 60 to 75 minutes for dried beans, 20 minutes for canned. Let hot soup sit, uncovered, 20 minutes. Remove bay leaf.

3. Pureé half the soup in blender. Recombine with remaining soup. Season to taste with salt and pepper.

Makes 4 servings. Per serving: 200 calories, less than 1 g. total fat (less than 1g. saturated fat), 38 g. carbohydrate, 12 g. protein, 13 g. dietary fiber, 287 mg. sodium.

Recipe courtesy of AICR

http://www.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7197



Chunky Tomato Bean Soup

8 tsp Olive Oil
2 cups onion, chopped
1 cup Carrot, chopped
1 cup Celery, diced
6 large cloves garlic, thinly sliced
1 tsp basil, dried
1 tsp sugar
1 cup Tomato Puree
1 cup Beef broth
1 cup water
1 tsp pepper
4 oz Cheddar Cheese, grated
6 cups canned rinsed Beans—suggest Cannellini, Great Northern, or Navy

In a large stew pot, warm olive oil. Add sliced garlic and sauté until light brown. Add all other ingredients except cheddar cheese. Bring to boil, reduce heat, cover and simmer 10-12 minutes or until vegetables and beans are softened. Add additional water as needed for desired consistency. Soup may be very thick. Sprinkle ½ oz of grated cheese over each bowl of soup before serving. Makes approximately 12 cups

Nutrients per 1 cup serving
Calories 230; Protein 13 g; CHO 31 g; Fat 6 g; Sodium 280 mg; Fiber 5 g

Recipe adapted from Simply Healthy cookbook, University of California at Berkeley.

Three-Bean Soup

2 Tbsp. canola oil
1 medium onion, diced
1 medium green pepper, diced
2 garlic cloves, minced
1 Tbsp. ground cumin
1/2 -1 tsp. ground chipotle chile
4 cups fat-free, reduced-sodium chicken broth
1 (14.5-oz.) can diced tomatoes
1 (15-oz.) can black beans, rinsed and drained
1 (15-oz.) can white beans, rinsed and drained
1 (15-oz.) can red beans, rinsed and drained
1 cup lightly packed cilantro leaves, chopped and divided
1 Tbsp. dried oregano
Salt and freshly ground black pepper, to taste
30 baked yellow corn chips (whole grain preferably)
1 lime, cut into 6 wedges

In large Dutch oven, heat oil over medium-high heat. Sauté onions and green pepper, 3 minutes. Stir in garlic and cook until vegetables are tender-crisp, 2 minutes. Stir in cumin and chipotle and cook 1 minute, stirring.

Add broth, canned tomatoes with their liquid, beans, 1/2 cup of cilantro and dried oregano. Bring liquid to boil, reduce heat to medium, and simmer, uncovered, 10 minutes. Let soup cool at least 30 minutes to increase flavor, then reheat before serving. Or, refrigerate soup up to 4 days.

To serve, reheat soup and season to taste with salt and pepper. Crumble 5 corn chips each into bottom of 8 bowls. Ladle soup over chips. Garnish each bowl with remaining chopped cilantro and lime wedge. Serve immediately.

Makes 8 servings.

Per serving: 230 calories, 7 g total fat (0 g saturated fat), 32 g carbohydrate, 10 g protein, 8 g dietary fiber, 480 mg sodium.

Recipe courtesy of AICR

http://www.aicr.org/site/News2?page=NewsArticle&id=14335&news_iv_ctrl=0&abbr=pr_hf_

Black Bean, Corn, and Shrimp Salad

1 tablespoon chili powder
1/2 teaspoon garlic salt
1/2 teaspoon ground cumin
1 1/2 pounds medium shrimp, peeled and deveined
Cooking spray
2 tablespoons fresh lime juice, divided
1 1/2 cups frozen whole-kernel corn, thawed
3/4 cup bottled salsa
1/4 cup chopped fresh cilantro
1 (15-ounce) can black beans, rinsed and drained

Heat a large nonstick skillet over medium-high heat.

Combine first 3 ingredients in a large bowl. Add shrimp; toss to coat.

Coat pan with cooking spray. Add shrimp; sauté 3 minutes or until done. Add 1 tablespoon lime juice. Remove shrimp from pan. Add corn to pan; sauté 1 minute. Stir in salsa, cilantro, and beans; cook 30 seconds or until thoroughly heated. Stir in 1 tablespoon lime juice. Serve shrimp over bean mixture.

Yield: 4 servings (serving size: 1/3 cup shrimp and about 2/3 cup bean mixture)

CALORIES 354 (12% from fat); FAT 4.8g (sat 0.7g, mono 0.7g, poly 2.4g); IRON 7.6mg; CHOLESTEROL 259mg; CALCIUM 148mg; CARBOHYDRATE 34.9g; SODIUM 827mg; PROTEIN 43.3g; FIBER 9.1g

Recipe adapted from *Cooking Light*, July 2005

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001072198

Caribbean Sweet Potato-and-Black Bean Salad

1 cup (1/2-inch) cubed peeled sweet potato
2 tablespoons fresh lime juice
2 teaspoons olive oil
1 teaspoon Dijon mustard
1/8 teaspoon salt
1/8 teaspoon pepper
1 garlic clove, minced
1/2 cup sliced green onions, divided
1 (15-ounce) can black beans, rinsed and drained
3 cups torn spinach

Steam sweet potato, covered, 5 minutes or until tender, and cool. Combine next 5 ingredients in a large bowl; stir well with a whisk. Add sweet potato, 1/4 cup onions, and beans; stir well to coat. Place 1 cup spinach on each of 3 plates; top with 2/3 cup bean mixture. Sprinkle evenly with 1/4 cup onions.

Yield: 3 servings

CALORIES 265 (14% from fat); FAT 4.2g (sat 0.6g,mono 2.3g,poly 0.7g); IRON 5.1mg; CHOLESTEROL 0.0mg; CALCIUM 147mg; CARBOHYDRATE 49.7g; SODIUM 489mg; PROTEIN 11.2g; FIBER 8.9g

Recipe adapted from *Cooking Light*, May 1998

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000222374

Marinated Artichoke, Bean & Feta Salad

24 oz artichoke hearts, drained, no salt
12 oz jarred roasted sweet red peppers, drained and diced
1 cup pitted kalamata olives
1/2 cup crumbled feta cheese
5 scallions, finely sliced
1/2 cup chopped fresh parsley
6 Tbsp red wine vinegar
3 Tbsp chopped fresh mint
2 tsp sugar
1 tsp black pepper
1/4 cup extra virgin olive oil
6 cups canned Beans, rinsed & drained—suggest Fava, Garbanzo or Black-eyed Peas

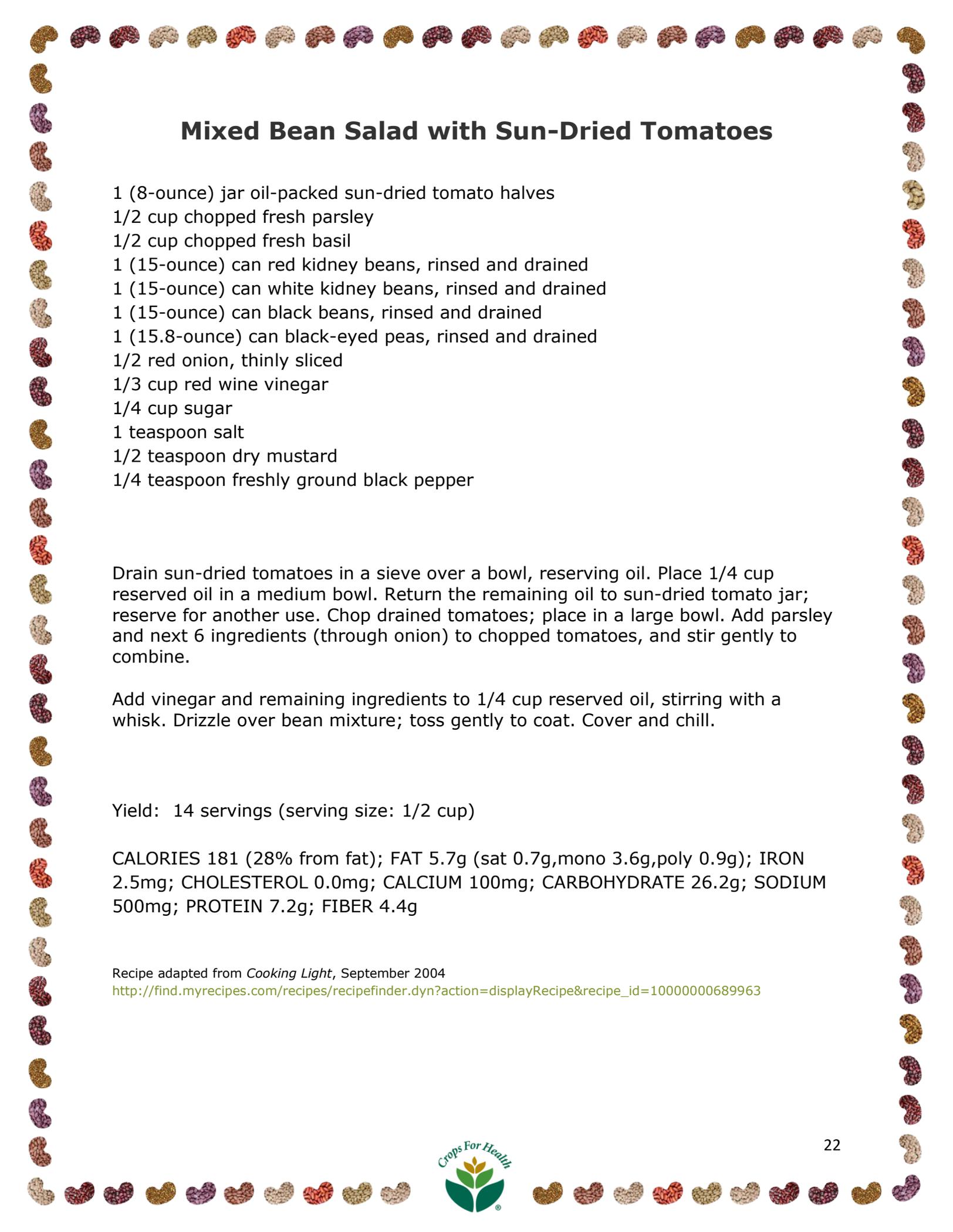
Place Red beans, artichoke hearts, red peppers, olives, feta, scallions, and parsley into a salad bowl and toss lightly. In another small bowl, mix together vinegar, mint, sugar, and pepper. Slowly add olive oil, whisking to blend. Add dressing to salad and mix well. Cover and refrigerate for several hours or overnight to blend flavors. Serve chilled.

Makes approximately 12 cups

Nutrients per 1 cup serving

Calories 250; Protein 10 g; CHO 30 g; Fat 10 g; Sodium 220 mg, Fiber 5 g

Recipe adapted from <http://www.food.com/recipe/marinated-chickpea-and-artichoke-salad-with-feta-88437>



Mixed Bean Salad with Sun-Dried Tomatoes

1 (8-ounce) jar oil-packed sun-dried tomato halves
1/2 cup chopped fresh parsley
1/2 cup chopped fresh basil
1 (15-ounce) can red kidney beans, rinsed and drained
1 (15-ounce) can white kidney beans, rinsed and drained
1 (15-ounce) can black beans, rinsed and drained
1 (15.8-ounce) can black-eyed peas, rinsed and drained
1/2 red onion, thinly sliced
1/3 cup red wine vinegar
1/4 cup sugar
1 teaspoon salt
1/2 teaspoon dry mustard
1/4 teaspoon freshly ground black pepper

Drain sun-dried tomatoes in a sieve over a bowl, reserving oil. Place 1/4 cup reserved oil in a medium bowl. Return the remaining oil to sun-dried tomato jar; reserve for another use. Chop drained tomatoes; place in a large bowl. Add parsley and next 6 ingredients (through onion) to chopped tomatoes, and stir gently to combine.

Add vinegar and remaining ingredients to 1/4 cup reserved oil, stirring with a whisk. Drizzle over bean mixture; toss gently to coat. Cover and chill.

Yield: 14 servings (serving size: 1/2 cup)

CALORIES 181 (28% from fat); FAT 5.7g (sat 0.7g, mono 3.6g, poly 0.9g); IRON 2.5mg; CHOLESTEROL 0.0mg; CALCIUM 100mg; CARBOHYDRATE 26.2g; SODIUM 500mg; PROTEIN 7.2g; FIBER 4.4g

Recipe adapted from *Cooking Light*, September 2004

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000689963

Quinoa and Black Bean Salad

1 1/2 cups quinoa
1 (15 oz.) can black beans, rinsed and drained
1 1/2 Tbsp. red wine vinegar
Salt and freshly ground black pepper, to taste
1 1/2 cups cooked corn kernels (fresh or frozen)
1 red bell pepper, seeded and chopped
4 scallions, chopped
1 tsp. minced garlic
1/4 tsp. cayenne pepper
1/4 cup fresh cilantro leaves, chopped fine
1/3 cup fresh lime juice
1/2 tsp. salt
1 1/4 tsp. dried cumin
1/3 cup olive oil

Rinse the quinoa in a fine sieve under cold running water until the water runs clear. Put the quinoa in a pot with 2 1/4 cups water. Bring to a boil, then cover and simmer for 20 minutes or until the water is absorbed and the quinoa is tender. Fluff the quinoa with a fork and transfer to a large bowl to cool.

While the quinoa is cooking, in a small bowl toss the beans with the vinegar and salt and pepper to taste.

Combine the beans, corn, bell pepper, scallions, garlic, cayenne and cilantro with the cooled quinoa. Toss well.

In a small bowl whisk together the lime juice, salt and cumin. Slowly pour in the oil while whisking. Drizzle the dressing over the salad and toss well.

Note: The salad may be made a day ahead and refrigerated, covered. Bring it to room temperature before serving.

Makes 6 main-dish servings.

Per serving: 360 calories, 13 g total fat (2 g saturated fat), 47 g carbohydrate, 11 g protein, 7 g dietary fiber, 260 mg sodium.

Recipe courtesy of AICR

http://www.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7312&news_iv_ctrl=1126

Roasted Chicken and White Bean Salad

2 cups boneless, skinless rotisserie chicken, coarsely chopped
2 (16-oz) cans no-salt cannellini beans (or regular canned variety, rinsed and drained)
1/2 cup celery, small dice
1 cup tomato, chopped and seeded
1/2 cup red onion, thinly sliced
1/4 cup red wine vinegar
1 Tbsp. fresh lemon juice
2 tsp. Dijon mustard
2 garlic cloves, minced
1/2 tsp. Italian seasoning
1/2 tsp. salt
1/4 tsp. freshly ground pepper
2 Tbsp. extra virgin olive oil
6 romaine leaves, rinsed and dried
1/3 cup fresh basil, coarsely chopped

Place first 5 ingredients (chicken through onion) in mixing bowl, and gently toss to combine.

Combine next 7 ingredients (vinegar through pepper) in mixing bowl and stir with whisk. Pour olive oil in last while whisking the dressing to create a rich consistency. Drizzle over chicken mixture and gently toss to coat.

Serve over romaine lettuce and garnish with fresh basil.

Makes 6 servings.

Per serving: 250 calories, 8 g total fat (1 g saturated fat), 23 g carbohydrate, 20 g protein, 7 g dietary fiber, 330 mg sodium.

Recipe courtesy of AICR

http://www.aicr.org/site/News2?page=NewsArticle&id=14184&news_iv_ctrl=0&abbr=pr_hf_

Tasty Tuna and Bean Salad

2 Tbsp. extra virgin olive oil
3 cloves garlic, minced
1/4 cup natural rice vinegar
Salt and ground black pepper, to taste
1/2 can (about 8 oz.) no salt added garbanzo beans
1/2 can (about 8 oz.) no salt added cannellini beans
1 dozen kalamata olives, pitted
1/2 medium red onion, sliced lengthwise into thin slivers
2 Tbsp. coarsely chopped fresh mint
2 Tbsp. coarsely chopped fresh Italian parsley
1 (12 oz.) can solid white albacore tuna in water, drained
1/4 cup chopped red bell pepper

In small bowl whisk together oil, garlic, vinegar, salt and pepper. Set aside dressing.

In medium bowl gently toss beans, olives, onion, mint and parsley. Add tuna and sufficient dressing to coat. Gently toss and drizzle additional dressing, if needed, to thoroughly coat. Add chopped red pepper and mix well. Cover and place in refrigerator for a minimum of 30 minutes up to 24 hours before serving.

Makes 4 servings.

Per serving: 310 calories, 13 g total fat (2 g saturated fat), 20 g carbohydrate, 26 g protein, 5 g dietary fiber, 330 mg sodium.

Recipe courtesy of AICR

http://www.aicr.org/site/News2?page=NewsArticle&id=13957&news_iv_ctrl=0&abbr=pr_hf_

Three Bean Salad with Creamy Mustard Dill Dressing

1 cup canned chickpeas, rinsed and drained
1 cup canned Great Northern beans, rinsed and drained
1 cup canned kidney or red beans, rinsed and drained
1/2 cup finely chopped red onion
1 small red bell pepper, diced (optional)
1 small green bell pepper, diced (optional)
2 Tbsp. fat-free or 2 percent Greek yogurt
1 Tbsp. low-fat mayonnaise
1 Tbsp. coarse seed mustard
1 tsp. lemon juice
2 dashes hot pepper sauce
1/2 tsp. salt
1/4 teaspoon ground black pepper
2 tsp. extra virgin olive oil
1/2 cup chopped fresh dill
1/4 cup chopped flat-leaf parsley

In mixing bowl, combine beans with onion and peppers, if using.

For dressing, place in mini food processor the yogurt, mayonnaise, mustard, lemon juice, hot sauce, salt and pepper and whirl to combine. With the motor running, drizzle in oil. Add dressing to beans and mix to combine. If serving immediately, mix in dill and parsley. Or, cover the dressed beans and refrigerate for up to 8 hours, adding herbs just before serving.

Makes 4 servings

Per serving: 230 calories, 5 g total fat (<1 g saturated fat), 36 g carbohydrate, 11 g protein, 11 g dietary fiber, 390 mg sodium

Recipe courtesy of AICR

http://www.aicr.org/site/News2?page=NewsArticle&id=19078&news_iv_ctrl=0&abbr=pr_hf_

Thyme-Scented Salmon with Tuscan White Bean Salad

BEAN SALAD:

- 1 tablespoon extravirgin olive oil
- 1/3 cup finely chopped celery
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped shallots
- 2 garlic cloves, minced
- 3 tablespoons lemon juice
- 2 teaspoons chopped fresh parsley
- 2 teaspoons chopped fresh mint
- 2 teaspoons chopped fresh basil
- 2 tablespoons water
- 1 (15-ounce) can cannellini beans or other white beans, drained

SALMON:

- 2 teaspoons chopped fresh thyme
- 1 teaspoon chopped fresh parsley
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 4 (6-ounce) salmon fillets (about 1-inch thick)
- 3 tablespoons lemon juice

Preheat oven to 375°.

To prepare bean salad, heat the oil in a medium nonstick skillet; add celery, carrot, shallots, and garlic. Cook 4 minutes or until tender; add juice and next 5 ingredients (juice through beans). Cook bean mixture 2 minutes or until thoroughly heated, stirring constantly. Remove from heat; cover.

To prepare salmon, combine thyme, 1 teaspoon parsley, salt, and pepper in a small bowl; sprinkle evenly over fish. Place fish on a baking sheet or broiler pan lined with aluminum foil. Bake at 375° for 14 minutes or until fish flakes easily when tested with a fork. Remove from oven; sprinkle evenly with 3 tablespoons juice. Serve with bean salad.

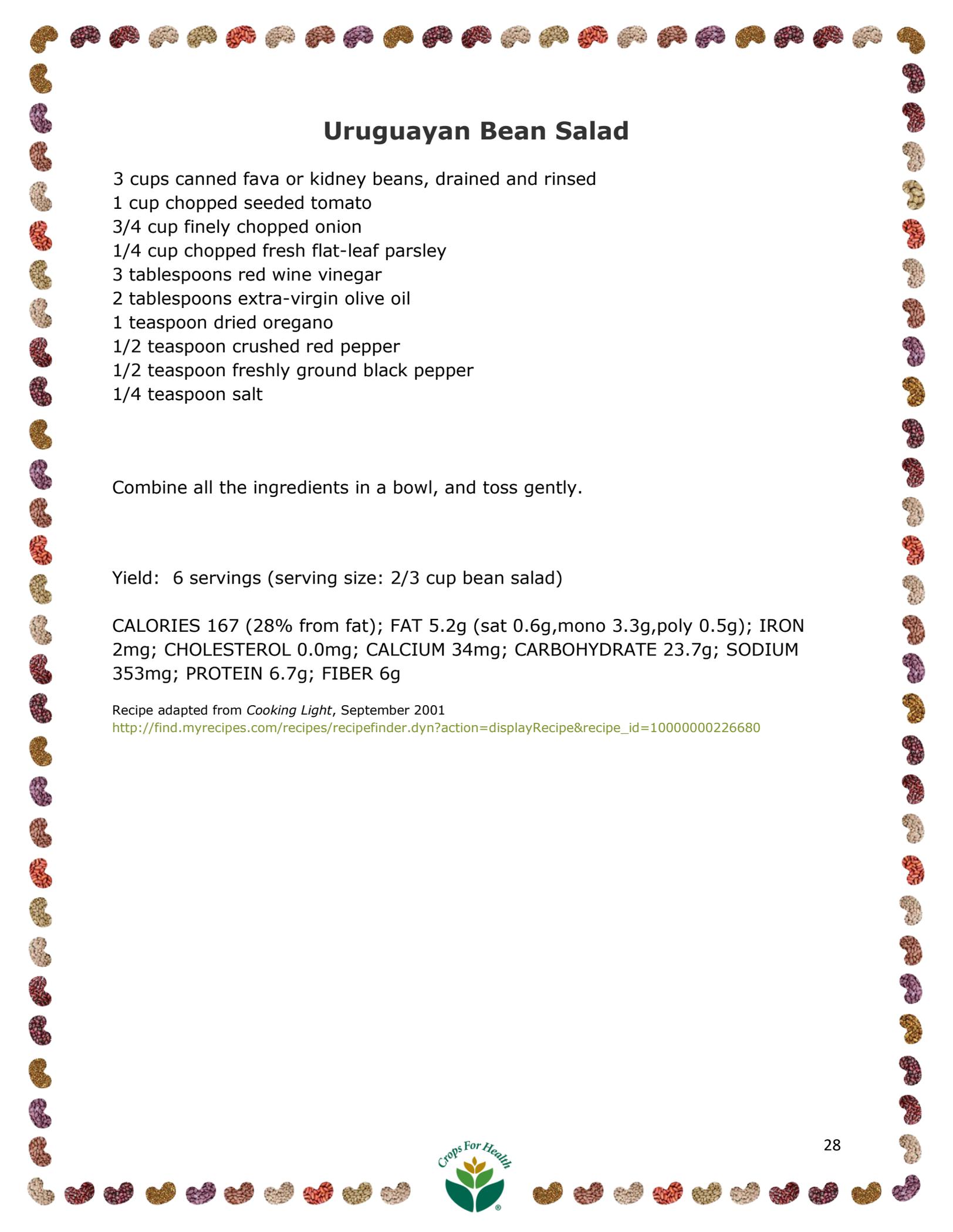
Yield: 4 servings (serving size: 1 salmon fillet and 1/2 cup bean salad)

CALORIES 414 (37% from fat); FAT 17g (sat 3.6g, mono 8.2g, poly 3.9g); IRON 2.6mg; CHOLESTEROL 87mg; CALCIUM 78mg; CARBOHYDRATE 22g; SODIUM 616mg; PROTEIN 41g; FIBER 5g

Recipe adapted from *Cooking Light*, May 2003

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001036130





Uruguayan Bean Salad

3 cups canned fava or kidney beans, drained and rinsed
1 cup chopped seeded tomato
3/4 cup finely chopped onion
1/4 cup chopped fresh flat-leaf parsley
3 tablespoons red wine vinegar
2 tablespoons extra-virgin olive oil
1 teaspoon dried oregano
1/2 teaspoon crushed red pepper
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt

Combine all the ingredients in a bowl, and toss gently.

Yield: 6 servings (serving size: 2/3 cup bean salad)

CALORIES 167 (28% from fat); FAT 5.2g (sat 0.6g, mono 3.3g, poly 0.5g); IRON 2mg; CHOLESTEROL 0.0mg; CALCIUM 34mg; CARBOHYDRATE 23.7g; SODIUM 353mg; PROTEIN 6.7g; FIBER 6g

Recipe adapted from *Cooking Light*, September 2001

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000226680

White Bean, Tomato, and Green Bean Salad

DRESSING:

- 1 tablespoon fresh lemon juice
- 1 tablespoon balsamic vinegar
- 1 tablespoon extravirgin olive oil
- 1/4 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove, minced

SALAD:

- 5 cups (1-inch) cut green beans (about 1 pound)
- 1 cup finely chopped tomato
- 1 tablespoon chopped fresh dill
- 1 (15-ounce) can navy beans, rinsed and drained
- 1/2 cup (2 ounces) feta cheese, crumbled

To prepare dressing, combine first 7 ingredients, stirring with a whisk.

To prepare salad, place green beans into a large saucepan of boiling water; cook 5 minutes. Drain and plunge beans into ice water; drain. Place beans in a large bowl. Add tomato, dill, and navy beans; toss to combine. Drizzle with dressing; toss gently to coat. Sprinkle with cheese. Cover and chill at least 1 hour.

Yield: 4 servings (serving size: 1 1/2 cups)

CALORIES 214 (30% from fat); FAT 7.1g (sat 2.7g, mono 3.2g, poly 0.7g); IRON 3.1mg; CHOLESTEROL 13mg; CALCIUM 158mg; CARBOHYDRATE 29.6g; SODIUM 698mg; PROTEIN 11g; FIBER 8.7g

Recipe adapted from *Cooking Light*, June 2004

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000642284

Amber Ale Baked Beans

2 cups water
4 (16-ounce) cans low-sodium pinto beans, rinsed and drained
2 bay leaves
1 (14-ounce) can fat-free, less-sodium chicken broth
1 medium yellow onion, peeled and quartered
2 bacon slices (uncooked), chopped
2 cups chopped yellow onion (about 2 medium)
1 tablespoon minced garlic
2 teaspoons chili powder
3/4 cup no salt-added ketchup
1/3 cup packed brown sugar
3 tablespoons Dijon mustard
2 tablespoons Worcestershire sauce
1/4 teaspoon freshly ground black pepper
1 (12-ounce) bottle amber ale (such as Redhook)
Cooking spray

Preheat oven to 300°.

Combine first 5 ingredients in a Dutch oven; bring to a boil. Reduce heat, and simmer 15 minutes. Drain over a large bowl; reserve cooking liquid. Discard onion and bay leaves.

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan; set bacon aside. Add chopped onion to drippings in pan; cook 10 minutes or until golden brown and caramelized, stirring frequently. Add garlic and chili powder to pan; cook 1 minute, stirring frequently. Add ketchup and next 5 ingredients (through ale) and 1/2 cup reserved bean liquid to pan; bring to a boil. Add beans and bacon. Reduce heat, and simmer for 10 minutes or until slightly thick. Transfer to a 13 x 9-inch baking dish coated with cooking spray. Bake at 300° for 45 minutes or until thick.

Yield: 9 servings (serving size: 2/3 cup)

CALORIES 276 (14% from fat); FAT 4.3g (sat 1.3g, mono 1.7g, poly 0.6g); IRON 3.3mg; CHOLESTEROL 7mg; CALCIUM 90mg; CARBOHYDRATE 46.1g; SODIUM 558mg; PROTEIN 11.5g; FIBER 10.4g

Recipe adapted from *Cooking Light*, July 2006

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001206168



Anasazi and Black Bean Chili

1 1/4 cups dried Anasazi beans (about 1/2 pound)
1 1/4 cups dried black (turtle) beans (about 1/2 pound)
Cooking spray
2 cups chopped onion
1 cup chopped red bell pepper
1 cup chopped green bell pepper
1/2 cup chopped poblano pepper
2 teaspoons minced seeded serrano chile
4 garlic cloves, minced
2 cups fat-free, less-sodium chicken broth
1 tablespoon ground cumin
1 tablespoon chili powder
2 teaspoons dried oregano
1/4 teaspoon ground allspice
3 (14.5-ounce) cans diced tomatoes, undrained
1 1/3 cups chopped Spanish chorizo sausage (about 2 links)
Fat-free sour cream (optional)
Chopped onion (optional)

1. Sort and wash Anasazi beans; place in a large bowl. Cover with water to 2 inches above beans. Repeat procedure with black beans. Cover and let stand 8 hours or overnight. Drain separately.

2. Place Anasazi beans in a large saucepan; cover with water to 3 inches above beans. Bring to a boil. Reduce heat; simmer 50 minutes or until tender. Drain. Repeat procedure with black beans.

3. Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add onion and next 5 ingredients (through garlic); sauté 6 minutes or until tender. Add beans, broth, and next 5 ingredients (through tomatoes); bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in chorizo; simmer 15 minutes. Serve with sour cream and chopped onion, if desired.

Yield: 8 servings (serving size: 1 1/2 cups chili)

CALORIES 367 ; FAT 9.9g (sat 3.4g, mono 4.3g, poly 0.9g); CHOLESTEROL 20mg;
CALCIUM 277mg; CARBOHYDRATE 52.2g; SODIUM 635mg; PROTEIN 19.4g; FIBER
15.6g; IRON 7.3mg

Recipe adapted from *Cooking Light*, March 2009

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001880003



Andouille and Red Beans with Rice

1 (3 1/2-ounce) bag boil-in-bag long-grain rice
Cooking spray
4 ounces andouille sausage, diced
1 cup chopped red bell pepper
1 cup prechopped onion
1 1/2 to 2 teaspoons salt-free Cajun seasoning
1 teaspoon dried thyme leaves
1/2 teaspoon hot pepper sauce (such as Tabasco)
1 (16-ounce) can dark kidney beans, rinsed and drained
1 (14-ounce) can fat-free, less-sodium chicken broth
1/4 cup chopped fresh parsley
1/2 teaspoon salt

Cook rice according to the package directions, omitting salt and fat.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add sausage; cook 3 minutes or until lightly browned. Using a slotted spoon, transfer sausage to a bowl, and keep warm.

Add bell pepper, onion, Cajun seasoning, thyme, and hot pepper sauce to pan; sauté 3 minutes or until onions are tender. Add beans and broth to pan; cook 8 minutes or until thick, mashing half the beans. Add sausage, parsley, and salt to pan; cook 1 minute or until thoroughly heated, stirring occasionally. Serve over rice.

Yield: 4 servings (serving size: about 3/4 cup bean mixture and about 1/2 cup rice)

CALORIES 245 (21% from fat); FAT 5.6g (sat 2.1g,mono 2.4g,poly 0.8g); IRON 2.7mg; CHOLESTEROL 20mg; CALCIUM 41mg; CARBOHYDRATE 37g; SODIUM 900mg; PROTEIN 11.7g; FIBER 4.2g

Recipe adapted from *Cooking Light*, March 2006

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001160661



Baked Adzuki Beans with Eggplant and Tomatoes

Ingredients

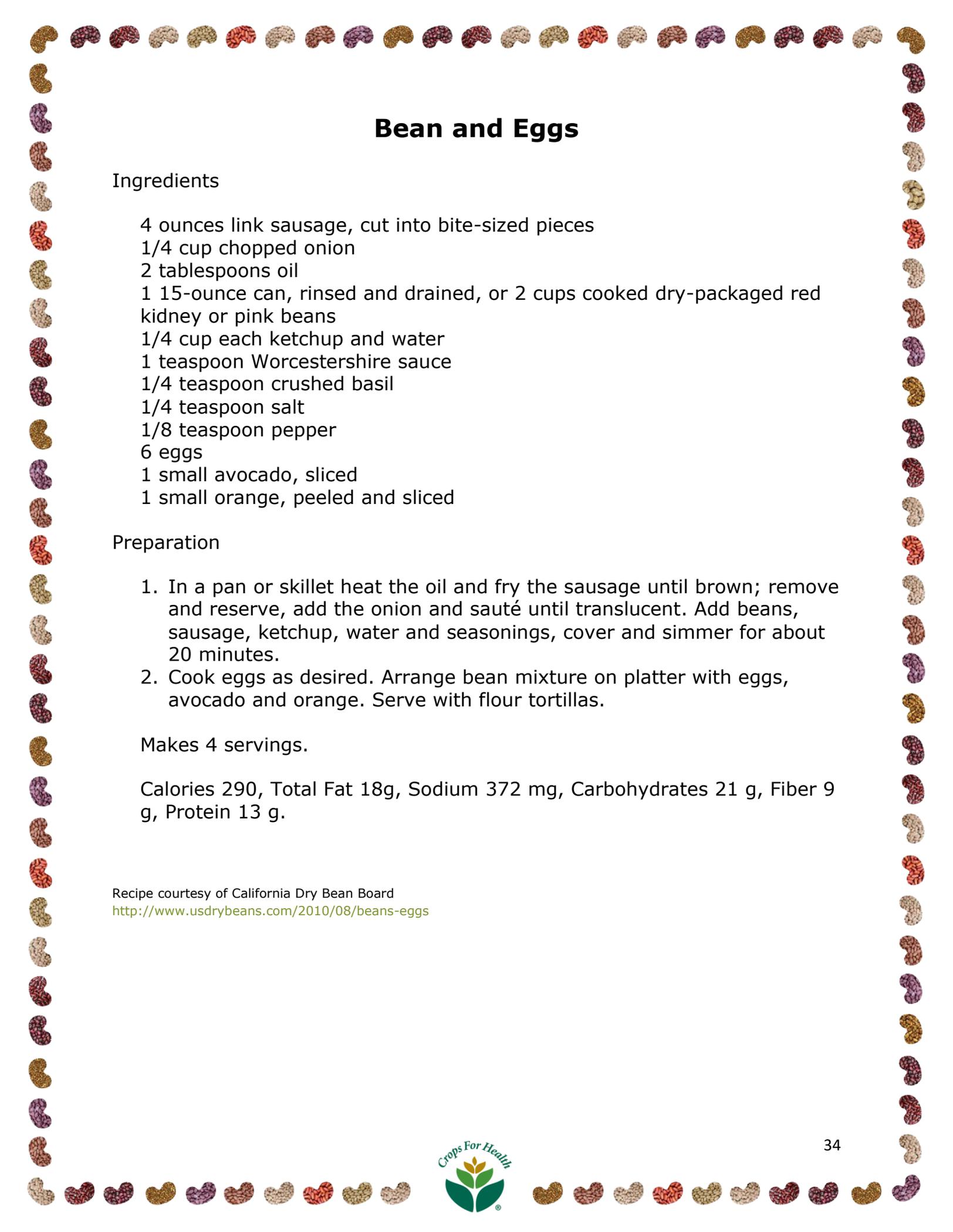
- 1 cup dried adzuki bean
- 1 bouquet garni (thyme, parsley, and bayleaf)
- 2 small eggplants, unpeeled, and cut in 1 inch cubes
- kosher salt or sea salt
- 6 tablespoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 1/2 cups canned chopped tomatoes
- 1 cup chicken stock (or 1 bouillon cube dissolved in 1 cup water)
- 1/2 teaspoon ground allspice
- 1/4 teaspoon red pepper flakes
- salt and pepper, to taste
- 4 tablespoons fresh basil, shredded
- 1/2 cup fresh grated parmesan cheese

Directions

Discard any damaged beans or stones; rinse beans, then place in a sauce pan adding plenty of water to cover; soak for a minimum of 3 hours (can be all day). Drain beans and return to sauce pan with enough water to cover by 2 inches. Add bouquet garni and bring water to the boil; reduce heat and simmer uncovered until the beans are tender (20 to 40 minutes); drain and set aside, discarding the bouquet garni. Place the eggplant cubes in a colander and sprinkle with kosher or sea salt; let drain for 30 minutes, then rinse and pat dry with paper towels (this step can be done while the beans are boiling). Pre-heat oven to 375°F. In a large frying pan over medium heat, heat 4 TBS of the olive oil then add the eggplant and sauté until lightly browned on all sides (5 to 10 minutes). When the eggplant has browned, transfer to a large baking dish (I use an oval 35 cm X 24 cm). In the same frying pan, heat the remaining 2 TBS olive oil and sauté the onion until it begins to soften but not brown (about 5 minutes). Add in the garlic and continue to sauté 1 minute. Add the tomatoes, stock, allspice, red pepper flakes, and salt and pepper to taste; simmer slowly for 5 minutes, then transfer the mixture to the baking dish. Add the beans and the basil to the baking dish, and mix everything well. Sprinkle with the parmesan cheese and bake until golden, about 20 minutes.

Serve immediately.

Recipe adapted from <http://www.food.com/recipe/baked-adzuki-beans-with-eggplant-and-tomatoes-102980>



Bean and Eggs

Ingredients

- 4 ounces link sausage, cut into bite-sized pieces
- 1/4 cup chopped onion
- 2 tablespoons oil
- 1 15-ounce can, rinsed and drained, or 2 cups cooked dry-packaged red kidney or pink beans
- 1/4 cup each ketchup and water
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon crushed basil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 6 eggs
- 1 small avocado, sliced
- 1 small orange, peeled and sliced

Preparation

1. In a pan or skillet heat the oil and fry the sausage until brown; remove and reserve, add the onion and sauté until translucent. Add beans, sausage, ketchup, water and seasonings, cover and simmer for about 20 minutes.
2. Cook eggs as desired. Arrange bean mixture on platter with eggs, avocado and orange. Serve with flour tortillas.

Makes 4 servings.

Calories 290, Total Fat 18g, Sodium 372 mg, Carbohydrates 21 g, Fiber 9 g, Protein 13 g.

Recipe courtesy of California Dry Bean Board
<http://www.usdrybeans.com/2010/08/beans-eggs>

Bean and Vegetable Enchilada Casserole

1 medium bell pepper, chopped
1 large onion, chopped
2 cloves garlic, minced
1 Tbsp. canola oil
1 can (14 oz.) black beans, drained and rinsed
1 can (14 oz.) pinto beans, drained and rinsed
1 package (16 oz.) frozen corn, thawed
1 can (28 oz.) pureed or crushed tomatoes
1 Tbsp. chili powder
1/2 tsp. ground cumin
Dash of hot sauce, to taste
Salt and freshly ground pepper, to taste
12 corn tortillas
1 cup grated reduced-fat Jack cheese

Preheat oven to 350 degrees. In large saucepan, heat oil over medium heat and saute bell pepper, onion and garlic for five minutes. Add beans, corn, tomatoes and seasonings, including salt and pepper, if desired. Reduce heat to low and simmer for 15 minutes.

Assemble casserole in 9 x 13-inch baking dish. Cover bottom with one-third of bean mixture. Layer six tortillas on top of beans. Repeat once more, ending with bean mixture on top. Sprinkle cheese on top and bake until hot and bubbly, about 30-40 minutes.

Makes 8 servings. Per serving: 320 calories, 7 g total fat (2 g saturated fat), 53 g carbohydrates, 15 g protein, 11 g dietary fiber, 677 mg sodium.

Recipe courtesy of AICR

http://www.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=9505&news_iv_ctrl=1264

Beef, Bean & Broccoli Stir Fry

3 oz sirloin tip strips, finely sliced
5 Tbsp Olive Oil
2 Tbsp garlic, crushed
2 cup broccoli florets
2 cups zucchini, cut into julienne strips
3 cups fresh mushrooms, sliced
2 cup bamboo shoots
1 tsp ginger
1/2 tsp red pepper flakes or cayenne pepper
6 cups canned Beans, rinsed—suggest Kidney or Red
3oz cooking wine
4oz (.5 cup) chicken broth
4 Tbsp soy sauce
1 Tbsp sesame seeds

Heat oil over medium heat in a wok or non-stick skillet. Add beef and cook until lightly browned. Add cooking wine, garlic, and ginger; stir. Add broccoli and cook for 3 minutes. Add beans, chicken broth, zucchini, mushrooms, and bamboo shoots; cook an additional 2-3 minutes or until all vegetables are tender. Add soy sauce & red pepper flakes, if desired. Allow seasonings to blend. Sprinkle each serving with ½ tsp. sesame seeds.
May be served over rice.

Makes approximately 12 cups

Nutrient content per 1 cup serving
Calories 230; Protein 13 g; CHO 28 g; Fat 7 g; Sodium 380 mg; Fiber 5 g

Recipe adapted from Men's Health magazine.

Blazin' Baked Beans

1/4 pound finely diced bacon slices (raw)
1 1/2 cups chopped onion
1/3 cup packed dark brown sugar
3 tablespoons Dijon mustard
2 tablespoons finely chopped chipotle chile, canned in adobo sauce
5 (16-ounce) cans navy beans, rinsed and drained
1 (18-ounce) jar low-sodium barbecue sauce
Cooking spray

Preheat oven to 350°.

Cook bacon in a large nonstick skillet over medium-high heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan, and set bacon aside. Add onion to drippings in pan; sauté 3 minutes.

Combine bacon, onion, and remaining ingredients except cooking spray in a large bowl; toss well. Spoon the bean mixture into a 13 x 9-inch or 2 1/2-quart baking dish coated with cooking spray. Bake at 350° for 45 minutes.

Yield: 21 servings (serving size: 1/2 cup)

CALORIES 167 (22% from fat); FAT 4.1g (sat 1.4g, mono 1.7g, poly 0.8g); IRON 1.9mg; CHOLESTEROL 5mg; CALCIUM 49mg; CARBOHYDRATE 24.9g; SODIUM 520mg; PROTEIN 8.7g; FIBER 5.1g

Recipe adapted from *Cooking Light*, April 2006

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001173771

Braised Kale with Black Beans and Tomatoes

1 bunch kale (about 8-10 leaves)
2 tsp. extra virgin olive oil
1 large onion, diced
6 medium plum tomatoes, seeded and diced (2 cups)
2 garlic cloves, halved lengthwise
1 can (15 oz.) unsalted black beans, rinsed and drained
1 1/2 cups fat free, reduced-sodium chicken (or vegetable broth)
Salt and freshly ground black pepper, to taste

Using a sharp paring knife, slice off the hard, central vein of each kale leaf. Stacking 3 to 4 leaves at a time, cut them crosswise into half-inch strips. Rinse in a colander or sieve and shake well, leaving some moisture clinging to leaves.

In a large heavy pot, heat oil over medium-high heat. Sauté onion until translucent, about 4 minutes. Add kale and mix until wilted, about 3 minutes. Add tomatoes and garlic.

Cook, stirring, until tomatoes soften slightly, about 3 minutes. Add beans and broth. Bring to a boil, reduce heat and simmer until kale is tender, about 30 minutes.

Season to taste with salt and pepper. Serve.

Makes 6 servings.

Per serving: 110 calories, 2 g fat (0g saturated fat), 18 g carbohydrate, 6 g protein, 5 g dietary fiber, 190 mg sodium.

Recipe courtesy of AICR

http://www.aicr.org/site/News2?news_iv_ctrl=1121&abbr=dc_rc_&page=NewsArticle&id=7231

Chili-Cheese Black Bean Enchiladas

Cooking spray
1/2 cup chopped onion
1/2 teaspoon ground cumin
1/2 teaspoon dried oregano
1/2 teaspoon chili powder
2 garlic cloves, minced
1 (15-ounce) can black beans, rinsed and drained
1 (12-ounce) bag frozen soy crumbles, thawed (such as Morningstar Farms)
3/4 cup bottled salsa
1/3 cup (3 ounces) block-style fat-free cream cheese, softened
1 cup (4 ounces) shredded reduced-fat extrasharp cheddar cheese, divided
12 (6-inch) corn tortillas
1 (10-ounce) can enchilada sauce

Preheat oven to 350°.

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion, and sauté 4 minutes or until tender. Stir in cumin, oregano, chili powder, garlic, beans, and soy crumbles, and cook 2 minutes, stirring mixture frequently.

Stir in salsa, and cook 1 minute. Remove from heat, and add cream cheese and 1/2 cup cheddar cheese, stirring until cheese melts.

Warm tortillas according to package directions. Spread 1/3 cup enchilada sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Spoon about 1/3 cup black bean mixture down center of each tortilla, and roll up. Arrange enchiladas, seam sides down, crosswise in dish. Pour remaining enchilada sauce evenly over enchiladas, and sprinkle with 1/2 cup cheddar. Bake at 350° for 20 minutes or until thoroughly heated.

Yield: 6 servings (serving size: 2 enchiladas)

CALORIES 386 (30% from fat); FAT 12.9g (sat 4g,mono 3.8g,poly 3.4g); IRON 5.4mg; CHOLESTEROL 17mg; CALCIUM 390mg; CARBOHYDRATE 43.9g; SODIUM 995mg; PROTEIN 26.8g; FIBER 10.7g

Recipe adapted from *Cooking Light*, September 2003

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1000000549755



Curried Beans with Shrimp

6Tbsp Olive Oil
1 cup onion, thinly slivered
2 Tbsp curry powder
6 oz cooked shrimp, halved lengthwise
1/2 cup green onions
2 cups asparagus, sliced
2 cups cabbage, thinly sliced
6 cups canned rinsed beans—suggest Lentils, Lima or Navy

In a skillet, heat oil over medium heat. Add the onion and cook for 3 minutes. Sprinkle with curry, add the cabbage & asparagus and cook for 1 minute, stirring. Add the beans and cook for 2 minutes. Add the shrimp and cook for 3 minutes or until flavors are blended. Add the green onion. Gently combine all ingredients. Add water for desired consistency.

May be served over rice or pasta.

Makes approximately 10 servings.

Nutrient Content per 1 cup serving

Calories 268; Protein 15 g; CHO 32 g; Fat 9 g; Sodium 138 mg; Fiber 6 g

Recipe source unknown

Italian Bean Parmesan Casserole

6 cups Beans, canned & rinsed—suggest Cannellini, Great Northern, Navy
1/2 cup Grated parmesan cheese
1 cup tomato sauce
1 tsp salt
5 Tbsp olive oil
1.5 cup onion, coarsely chopped
2 cloves garlic finely chopped
1.5 cup celery coarsely chopped
1.5 cup whole canned tomatoes, chopped
1/2 tsp dried crushed thyme
1/4 tsp coarse ground black pepper
1/4 tsp dried crushed sweet basil
2 Tbsp fresh parsley, chopped

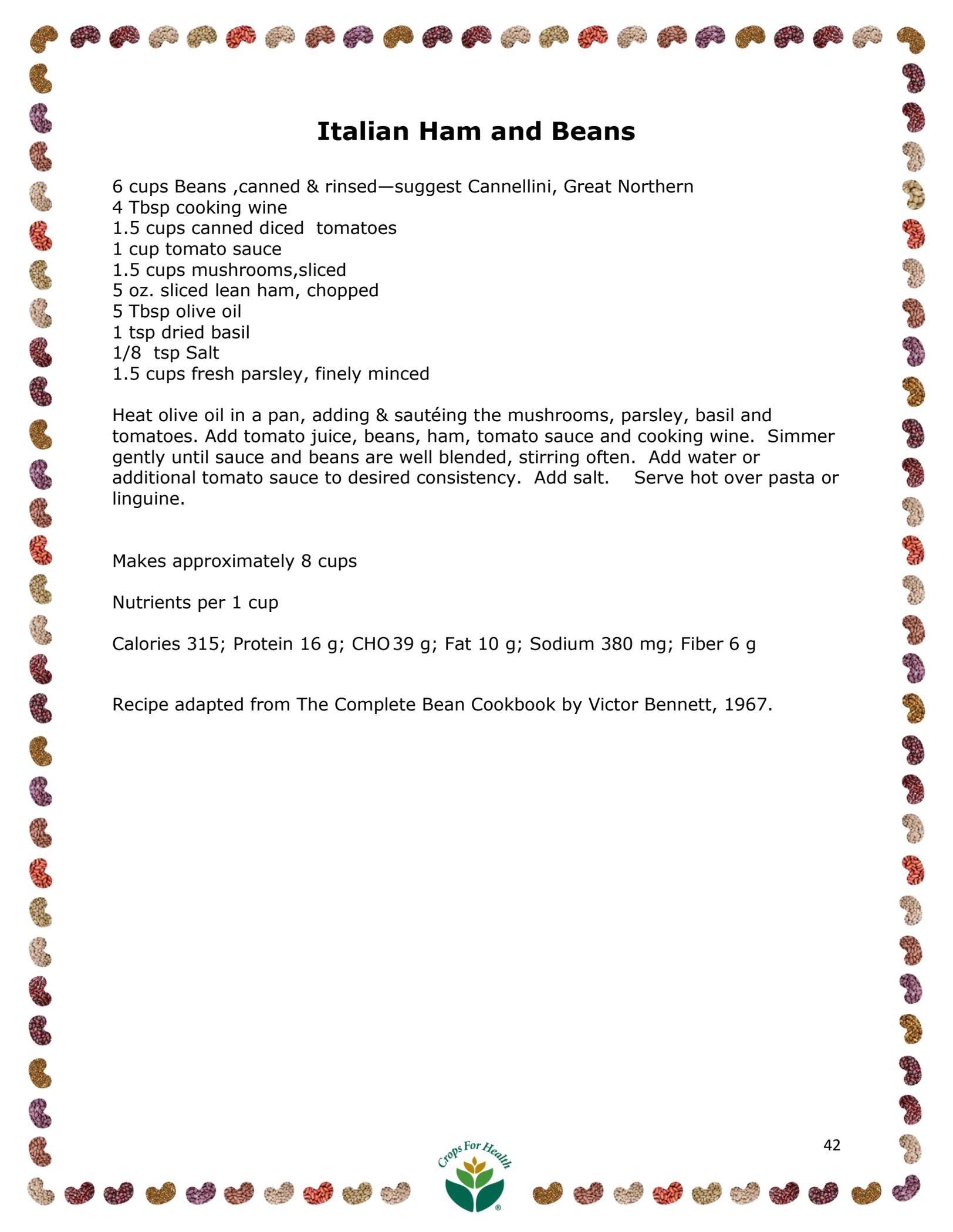
In skillet, heat oil over low heat; add onions, garlic and celery. Cook until tender, but not browned. Add parsley, thyme, sweet basil, black pepper, canned tomatoes and beans. Bring to low boil, adding water as needed. Remove from heat, add tomato sauce to bean mixture. Turn into a 2.5 qt. casserole. Cover and bake in 350° oven 1 hr. Remove from oven, dust top of beans generously with grated parmesan cheese and return to oven, uncovered, for 10 minutes to brown cheese lightly.

Serve piping hot with Italian bread or pasta. Sprinkle additional parmesan over each serving.

Makes approximately 8 cups
Nutrients in 1 cup

Calories 340; Protein 16 g; CHO 44 g; Fat 11 g; Sodium 420 mg; Fiber 7 g

Recipe adapted from The Complete Bean Book by Victor Bennett, 1967.



Italian Ham and Beans

6 cups Beans ,canned & rinsed—suggest Cannellini, Great Northern
4 Tbsp cooking wine
1.5 cups canned diced tomatoes
1 cup tomato sauce
1.5 cups mushrooms,sliced
5 oz. sliced lean ham, chopped
5 Tbsp olive oil
1 tsp dried basil
1/8 tsp Salt
1.5 cups fresh parsley, finely minced

Heat olive oil in a pan, adding & sautéing the mushrooms, parsley, basil and tomatoes. Add tomato juice, beans, ham, tomato sauce and cooking wine. Simmer gently until sauce and beans are well blended, stirring often. Add water or additional tomato sauce to desired consistency. Add salt. Serve hot over pasta or linguine.

Makes approximately 8 cups

Nutrients per 1 cup

Calories 315; Protein 16 g; CHO 39 g; Fat 10 g; Sodium 380 mg; Fiber 6 g

Recipe adapted from The Complete Bean Cookbook by Victor Bennett, 1967.

Navy Bean-and-Artichoke Casserole with Goat Cheese

2 (1-ounce) slices whole-wheat bread
2 (15-ounce) cans navy beans, undrained
2 teaspoons chopped fresh or 1/2 teaspoon dried thyme
2 teaspoons chopped fresh or 1/2 teaspoon dried rubbed sage
1/4 teaspoon black pepper
4 garlic cloves, minced and divided
2 tablespoons olive oil, divided
3 cups chopped leek (about 3 large)
2 teaspoons chopped fresh or 1/2 teaspoon dried rosemary
1/8 teaspoon salt
1 (14-ounce) can artichoke bottoms, drained and each cut into 8 wedges
Olive oil-flavored cooking spray
1 1/4 cups (5 ounces) crumbled goat cheese

Place bread in a food processor; pulse 10 times or until coarse crumbs form to measure 1 cup.

Preheat oven to 400°.

Drain beans in a colander over a bowl, reserving liquid. Add enough water to liquid to measure 1 cup. Combine beans, thyme, sage, pepper, and 1 garlic clove.

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add 3 garlic cloves, leek, rosemary, salt, and artichokes; sauté 4 minutes. Stir in bean liquid mixture. Cover, reduce heat, and simmer 10 minutes, stirring occasionally. Remove from heat. Spread half of bean mixture in an 11 x 7-inch baking dish coated with cooking spray, and top with half of goat cheese. Spread artichoke mixture over goat cheese; top with remaining bean mixture and remaining goat cheese. Combine the breadcrumbs and 1 tablespoon oil; sprinkle over goat cheese. Bake at 400° for 25 minutes or until lightly browned.

Yield: 6 servings (serving size: 1 cup)

CALORIES 349 (28% from fat); FAT 10.8g (sat 4.4g, mono 4.7g, poly 1.1g); IRON 5.1mg; CHOLESTEROL 21mg; CALCIUM 252mg; CARBOHYDRATE 47.2g; SODIUM 926mg; PROTEIN 17.3g; FIBER 8.7g

Recipe adapted from *Cooking Light*, January 2000

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000223184



Pinto Bean Nachos

12 (6-inch) corn tortillas, quartered
Cooking spray
1 tablespoon canola oil
2 teaspoons ground cumin
1 teaspoon chili powder
2 garlic cloves, minced
2 (15-ounce) cans pinto beans, undrained
1 cup (4 ounces) crumbled queso fresco
1 cup bottled salsa
1 cup diced peeled avocado
6 tablespoons chopped fresh cilantro

Preheat oven to 425°.

Arrange half of tortilla wedges in a single layer on a large baking sheet; lightly coat wedges with cooking spray. Bake at 425° for 8 minutes or until crisp. Repeat procedure with remaining tortilla wedges and cooking spray.

Heat oil in a medium saucepan over medium-high heat. Add cumin, chili powder, and garlic; cook for 30 seconds, stirring constantly. Add pinto beans, and bring to a boil, stirring frequently. Reduce heat to medium, and simmer 10 minutes. Partially mash bean mixture with a potato masher until slightly thick. Place 8 chips on each of 6 plates. Spoon about 1/2 cup bean mixture evenly over tortilla chips on each plate; top each serving with about 2 1/2 tablespoons queso fresco, 2 1/2 tablespoons salsa, and 2 1/2 tablespoons avocado. Sprinkle each serving with 1 tablespoon cilantro.

Yield: 6 servings

CALORIES 344 (27% from fat); FAT 10.5g (sat 2.2g, mono 4.8g, poly 2.3g); IRON 3.9mg; CHOLESTEROL 6mg; CALCIUM 232mg; CARBOHYDRATE 52.4g; SODIUM 723mg; PROTEIN 13.5g; FIBER 11.7g

Recipe adapted from *Cooking Light*, January 2005

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001011291



Spinach and White Bean Pizza

1/2 cup sun-dried tomatoes (not packed in oil)
1 (15 oz.) can navy beans, drained and rinsed
2 cloves garlic
1 package (12-inch) pre-baked thin Italian pizza crust, preferably whole wheat
1/2 cup (firmly packed) baby spinach leaves, torn into small pieces
1/4 cup freshly grated Parmigiano-Reggiano cheese
1 tsp. dried Italian seasoning

Set oven rack in lowest position and pre-heat to 425 degrees.

Cover sun-dried tomatoes with boiling water, let stand for about 12 minutes.

Drain tomatoes and cut into thin strips, set aside.

Place beans and garlic in food processor and blend until smooth.

Place pizza crust directly on oven rack and crisp for 10 minutes. Remove crust and place on ungreased cookie sheet. Spread bean mixture evenly over crust. Top with spinach and sun dried tomatoes. Sprinkle with cheese and seasoning.

Bake 10 minutes. Slice and serve.

Makes 5 servings.

Per serving: 260 calories, 5 g. total fat (2 g. saturated fat), 44 g. carbohydrate,
15 g. protein, 9 g. dietary fiber, 530 mg. sodium.

Recipe courtesy of AICR

http://www.aicr.org/site/News2?page=NewsArticle&id=13109&news_iv_ctrl=0&abbr=pr_hf_



Springtime Vegetable Stew

5 Tbsp Olive Oil
1 medium onion, chopped
2 medium potatoes, peeled & cubed
2 medium tomatoes, diced
16 oz reduced-sodium chicken broth
3 cloves Garlic, thinly sliced
2 tsp Oregano, dried
3 cups frozen Asparagus, chopped
2 Tbsp fresh basil, finely chopped
1 tsp salt (optional)
1 tsp pepper, ground
6 cups canned rinsed Beans--suggest Red or Kidney

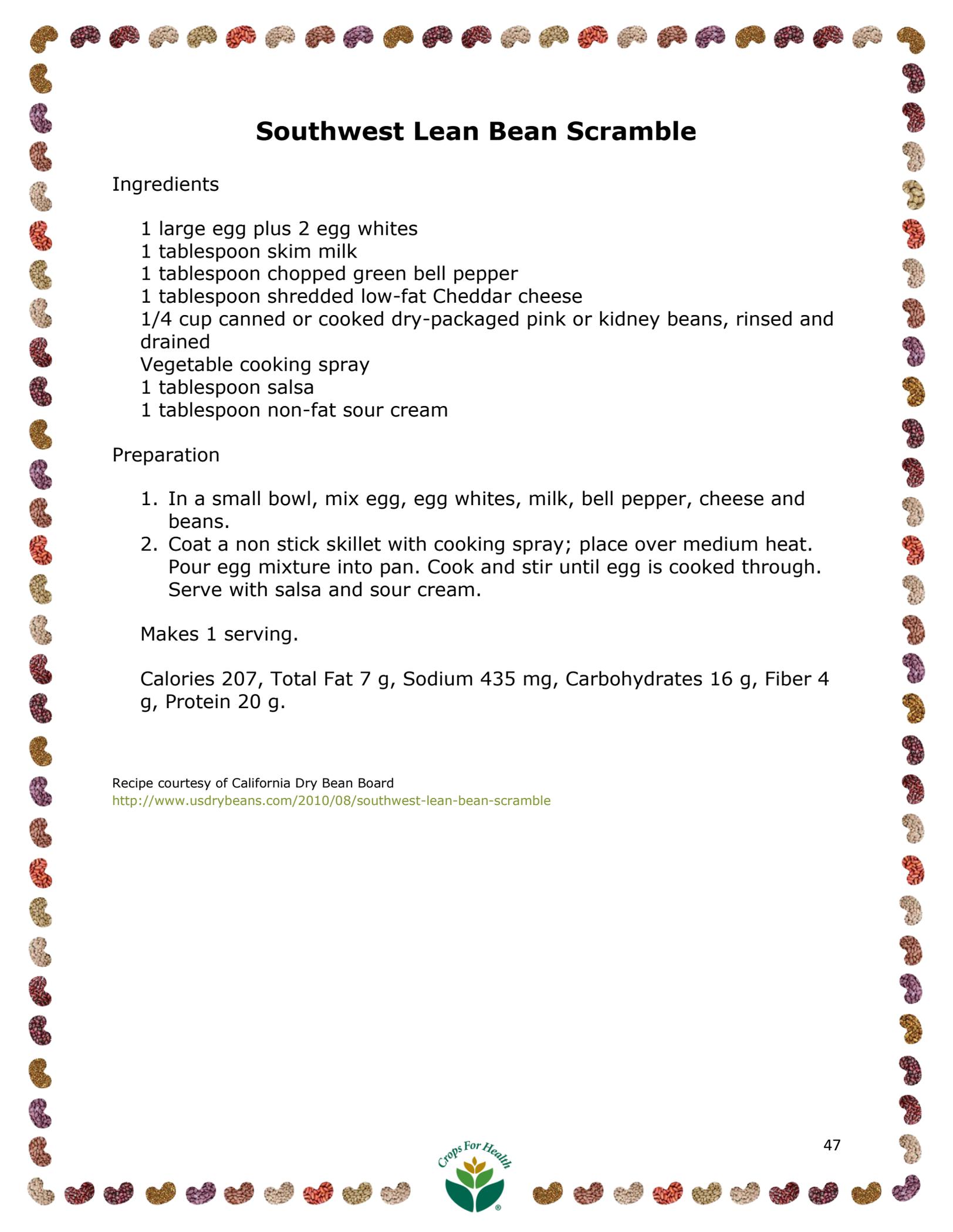
Warm the oil in a large non-stick skillet over medium heat. Add the onions. Sauté' for 3 minutes. Add the potatoes. Cover and cook for 3-4 minutes, stirring occasionally. Add the tomatoes, broth, garlic and oregano. Cover and cook for 5 minutes, stirring occasionally. Add the beans. Cover and cook 5 minutes. Stir in the asparagus, basil, salt and pepper. Cover and cook for 5 minutes or until the potatoes and beans are tender. Serve with crusty bread

Makes approximately 12 cups

Nutrients per 1 cup serving

Calories 200; Protein 11 g; CHO 28 g; Fat 6 g; Sodium 300 mg; Fiber 10 g

Recipe adapted from Men's Health magazine.



Southwest Lean Bean Scramble

Ingredients

- 1 large egg plus 2 egg whites
- 1 tablespoon skim milk
- 1 tablespoon chopped green bell pepper
- 1 tablespoon shredded low-fat Cheddar cheese
- 1/4 cup canned or cooked dry-packaged pink or kidney beans, rinsed and drained
- Vegetable cooking spray
- 1 tablespoon salsa
- 1 tablespoon non-fat sour cream

Preparation

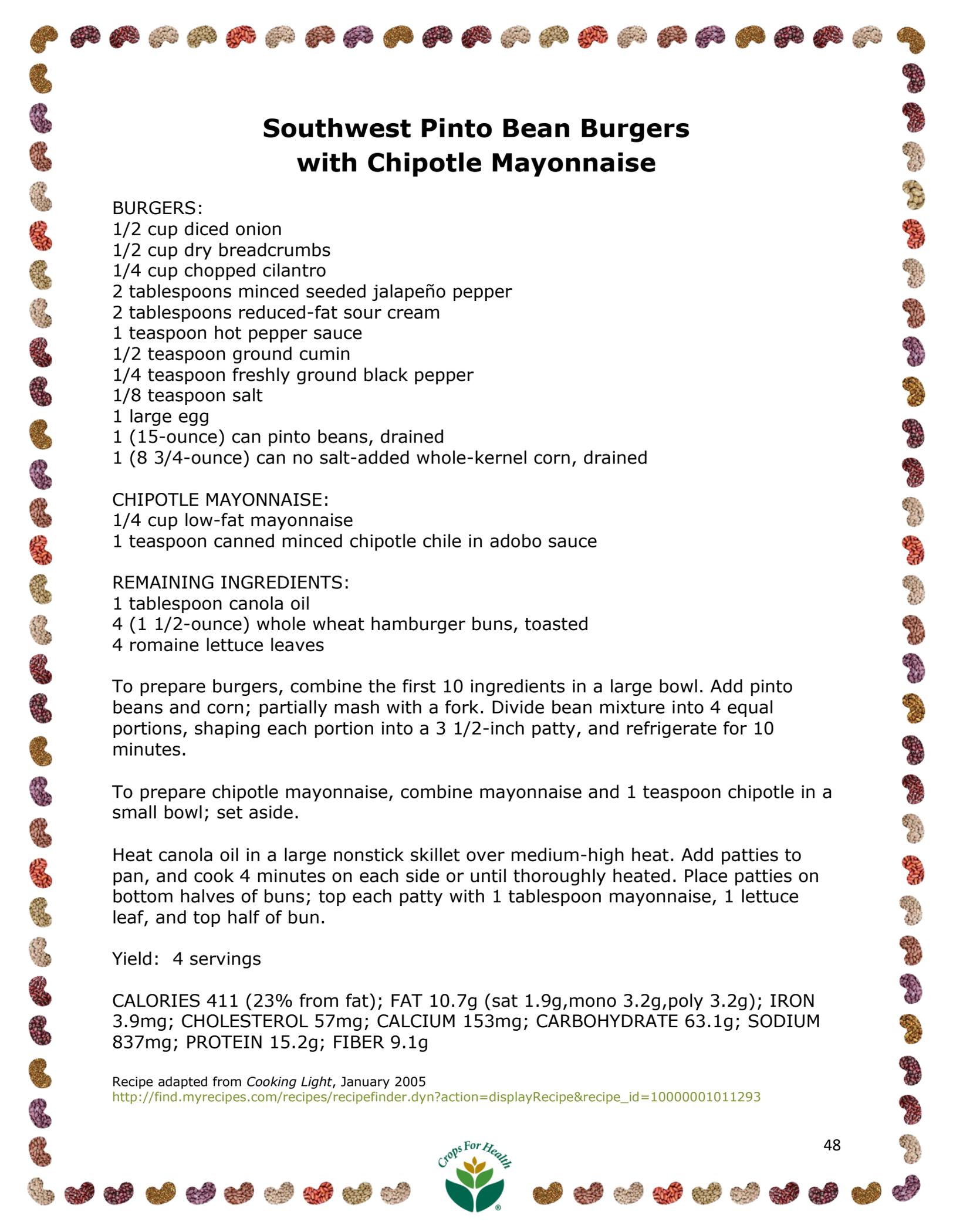
1. In a small bowl, mix egg, egg whites, milk, bell pepper, cheese and beans.
2. Coat a non stick skillet with cooking spray; place over medium heat. Pour egg mixture into pan. Cook and stir until egg is cooked through. Serve with salsa and sour cream.

Makes 1 serving.

Calories 207, Total Fat 7 g, Sodium 435 mg, Carbohydrates 16 g, Fiber 4 g, Protein 20 g.

Recipe courtesy of California Dry Bean Board

<http://www.usdrybeans.com/2010/08/southwest-lean-bean-scramble>



Southwest Pinto Bean Burgers with Chipotle Mayonnaise

BURGERS:

1/2 cup diced onion
1/2 cup dry breadcrumbs
1/4 cup chopped cilantro
2 tablespoons minced seeded jalapeño pepper
2 tablespoons reduced-fat sour cream
1 teaspoon hot pepper sauce
1/2 teaspoon ground cumin
1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt
1 large egg
1 (15-ounce) can pinto beans, drained
1 (8 3/4-ounce) can no salt-added whole-kernel corn, drained

CHIPOTLE MAYONNAISE:

1/4 cup low-fat mayonnaise
1 teaspoon canned minced chipotle chile in adobo sauce

REMAINING INGREDIENTS:

1 tablespoon canola oil
4 (1 1/2-ounce) whole wheat hamburger buns, toasted
4 romaine lettuce leaves

To prepare burgers, combine the first 10 ingredients in a large bowl. Add pinto beans and corn; partially mash with a fork. Divide bean mixture into 4 equal portions, shaping each portion into a 3 1/2-inch patty, and refrigerate for 10 minutes.

To prepare chipotle mayonnaise, combine mayonnaise and 1 teaspoon chipotle in a small bowl; set aside.

Heat canola oil in a large nonstick skillet over medium-high heat. Add patties to pan, and cook 4 minutes on each side or until thoroughly heated. Place patties on bottom halves of buns; top each patty with 1 tablespoon mayonnaise, 1 lettuce leaf, and top half of bun.

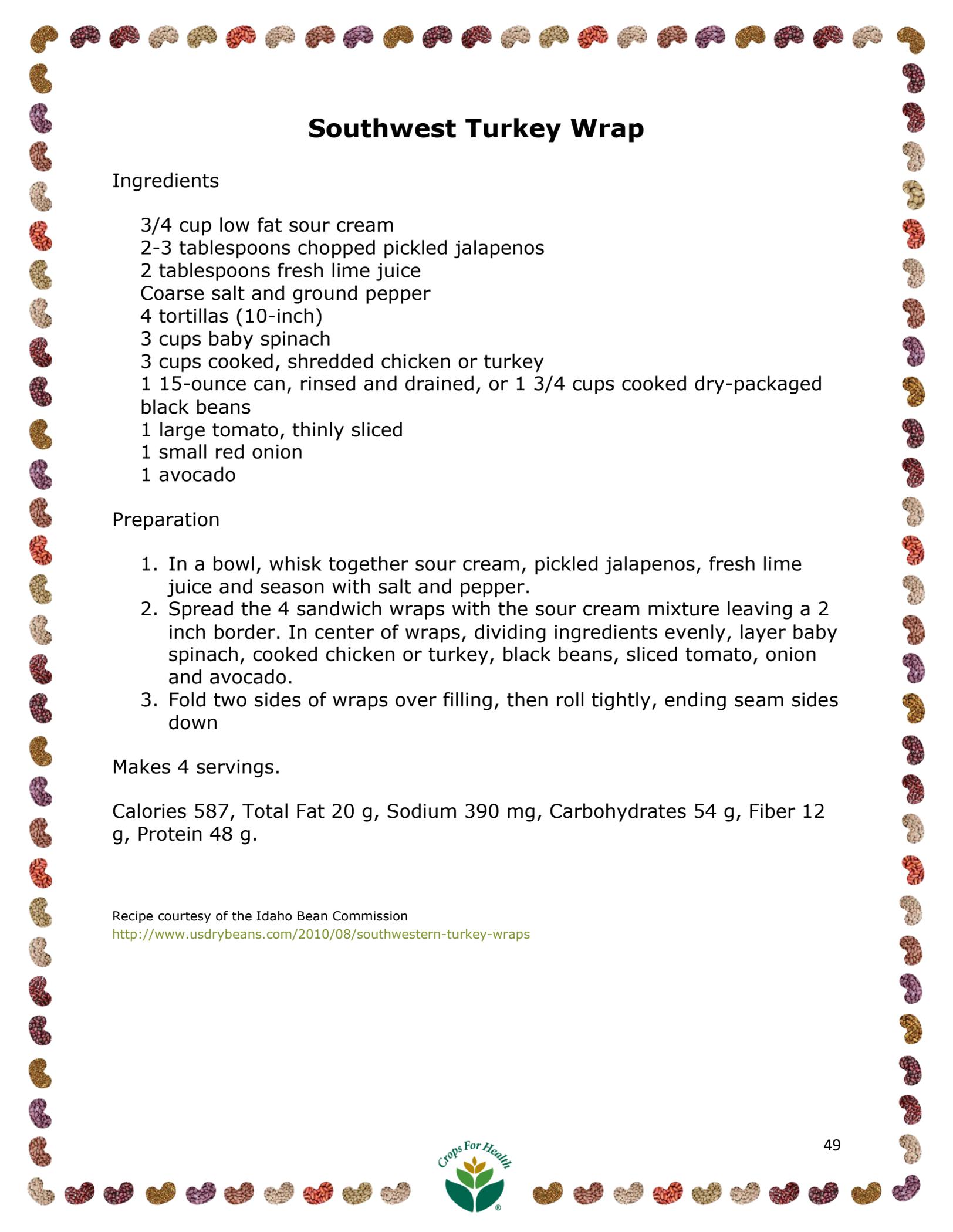
Yield: 4 servings

CALORIES 411 (23% from fat); FAT 10.7g (sat 1.9g, mono 3.2g, poly 3.2g); IRON 3.9mg; CHOLESTEROL 57mg; CALCIUM 153mg; CARBOHYDRATE 63.1g; SODIUM 837mg; PROTEIN 15.2g; FIBER 9.1g

Recipe adapted from *Cooking Light*, January 2005

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001011293





Southwest Turkey Wrap

Ingredients

3/4 cup low fat sour cream
2-3 tablespoons chopped pickled jalapenos
2 tablespoons fresh lime juice
Coarse salt and ground pepper
4 tortillas (10-inch)
3 cups baby spinach
3 cups cooked, shredded chicken or turkey
1 15-ounce can, rinsed and drained, or 1 3/4 cups cooked dry-packaged black beans
1 large tomato, thinly sliced
1 small red onion
1 avocado

Preparation

1. In a bowl, whisk together sour cream, pickled jalapenos, fresh lime juice and season with salt and pepper.
2. Spread the 4 sandwich wraps with the sour cream mixture leaving a 2 inch border. In center of wraps, dividing ingredients evenly, layer baby spinach, cooked chicken or turkey, black beans, sliced tomato, onion and avocado.
3. Fold two sides of wraps over filling, then roll tightly, ending seam sides down

Makes 4 servings.

Calories 587, Total Fat 20 g, Sodium 390 mg, Carbohydrates 54 g, Fiber 12 g, Protein 48 g.

Recipe courtesy of the Idaho Bean Commission

<http://www.usdrybeans.com/2010/08/southwestern-turkey-wraps>

Three-Bean Chili with Corn and Turkey

2 Tbsp. canola oil
2 cups chopped onion
2 garlic cloves, finely chopped
1 large red bell pepper, seeded and coarsely chopped
2 Tbsp. chili powder
1/4 tsp. cayenne pepper, or to taste
1 Tbsp. ground cumin
1 tsp. dried oregano
1/2 tsp. cinnamon (optional)
3 cans (15 oz. each) of 3 different types of beans (such as kidney beans, black beans or chickpeas), rinsed and drained
1 cup frozen or drained canned corn
1 can (28 oz.) crushed tomatoes
1 cup low sodium tomato or vegetable juice
Salt and freshly ground black pepper, to taste
3 cups (about 1 lb.) diced cooked turkey
Hot sauce (optional)
4 cups cooked brown rice

In large, deep pot, heat oil over medium-high heat. Stir in onion, garlic and bell pepper. Saute, about 4 minutes, stirring often, until onion is translucent, garlic is golden and bell pepper is softened. Add chili powder, cayenne, cumin, oregano and cinnamon and cook for 30 seconds, stirring constantly. Stir in beans, corn, tomatoes and tomato juice. Bring to boil, reduce heat to medium-low and simmer gently, partially covered, for 45 minutes, stirring occasionally. Season to taste with salt and pepper.

Stir in turkey and simmer until heated through. Adjust seasonings by adding more salt and pepper and hot sauce, to taste. Serve over cooked brown rice.

Makes 8 servings.

Per serving: 435 calories, 8 g total fat (1 g saturated fat), 62 g carbohydrate,
29 g protein, 13 g dietary fiber, 581 mg sodium.

Recipe courtesy of AICR

<http://www.aicr.org/site/News2?page=NewsArticle&id=17494>

Three-Bean Tacos

1 teaspoon olive oil
1 cup diced onion
1/2 cup diced red bell pepper
1/2 cup diced green bell pepper
1 tablespoon chili powder
2 teaspoons dried oregano
1 teaspoon ground cumin
1 garlic clove, minced
1 cup canned chickpeas (garbanzo beans), rinsed and drained
1/2 cup canned black beans, rinsed and drained
1/2 cup canned pinto beans, rinsed and drained
1 (8-ounce) can no-salt-added tomato sauce
12 taco shells
3/4 cup shredded iceberg lettuce
3/4 cup diced tomato
1/2 cup (2 ounces) finely shredded reduced-fat sharp cheddar cheese
1/2 cup salsa

Heat oil in a large nonstick skillet over medium-high heat until hot. Add onion and next 6 ingredients (onion through garlic), and sauté 2 minutes. Add chickpeas, beans, and tomato sauce. Bring to a boil; reduce heat, and simmer 20 minutes or until thick.

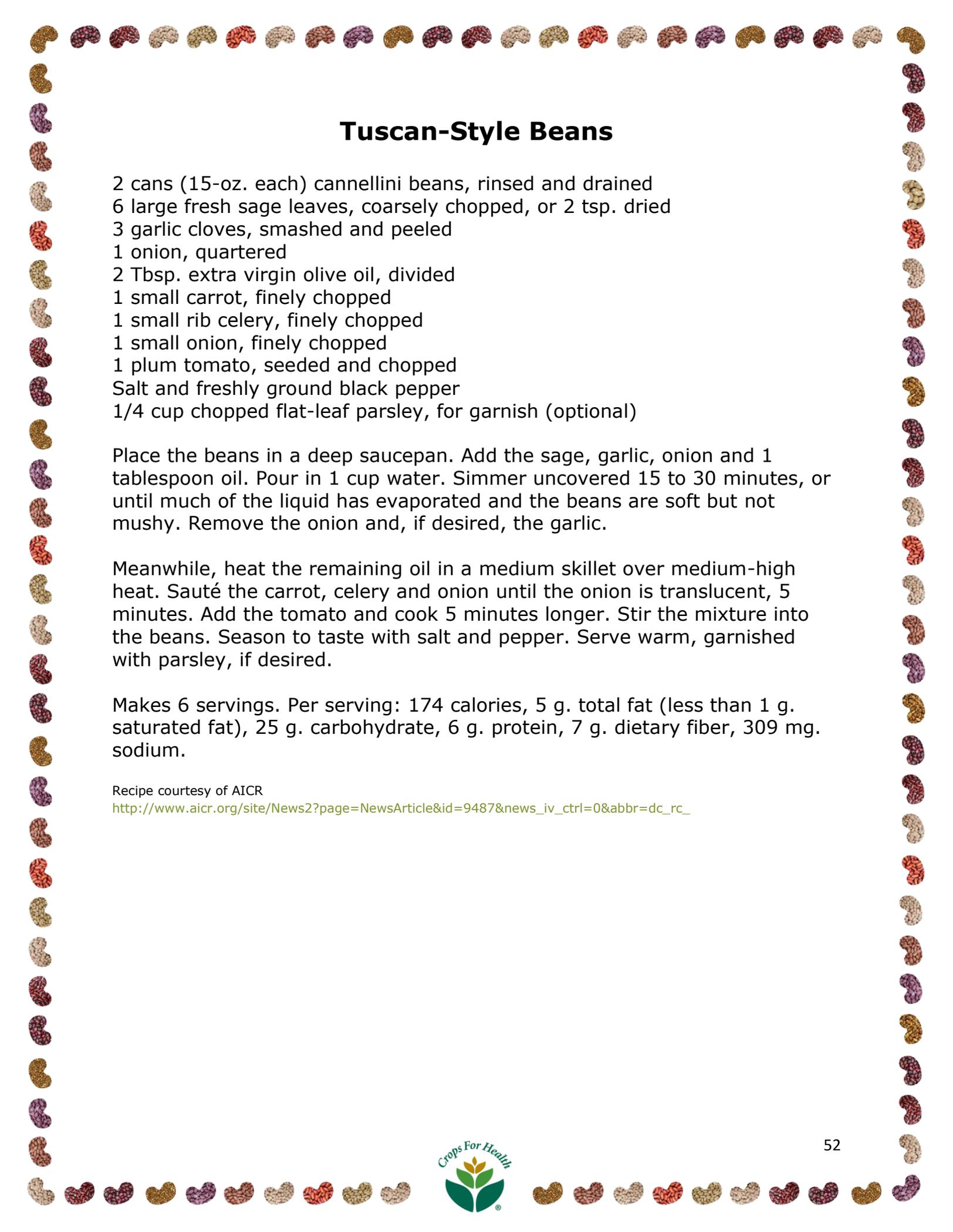
Prepare taco shells according to package directions. Spoon 1/4 cup bean mixture into each taco shell. Top each with lettuce, 1 tablespoon tomato, 2 teaspoons cheese, and 2 teaspoons salsa.

Yield: 12 servings (serving size: 1 taco)

CALORIES 140 (34% from fat); FAT 5.3g (sat 1.2g, mono 0.8g, poly 1.4g); IRON 1.6mg; CHOLESTEROL 3mg; CALCIUM 82mg; CARBOHYDRATE 18.7g; SODIUM 185mg; PROTEIN 5.3g; FIBER 2.8g

Recipe adapted from Cooking Light, October 1997

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000224135



Tuscan-Style Beans

2 cans (15-oz. each) cannellini beans, rinsed and drained
6 large fresh sage leaves, coarsely chopped, or 2 tsp. dried
3 garlic cloves, smashed and peeled
1 onion, quartered
2 Tbsp. extra virgin olive oil, divided
1 small carrot, finely chopped
1 small rib celery, finely chopped
1 small onion, finely chopped
1 plum tomato, seeded and chopped
Salt and freshly ground black pepper
1/4 cup chopped flat-leaf parsley, for garnish (optional)

Place the beans in a deep saucepan. Add the sage, garlic, onion and 1 tablespoon oil. Pour in 1 cup water. Simmer uncovered 15 to 30 minutes, or until much of the liquid has evaporated and the beans are soft but not mushy. Remove the onion and, if desired, the garlic.

Meanwhile, heat the remaining oil in a medium skillet over medium-high heat. Sauté the carrot, celery and onion until the onion is translucent, 5 minutes. Add the tomato and cook 5 minutes longer. Stir the mixture into the beans. Season to taste with salt and pepper. Serve warm, garnished with parsley, if desired.

Makes 6 servings. Per serving: 174 calories, 5 g. total fat (less than 1 g. saturated fat), 25 g. carbohydrate, 6 g. protein, 7 g. dietary fiber, 309 mg. sodium.

Recipe courtesy of AICR

http://www.aicr.org/site/News2?page=NewsArticle&id=9487&news_iv_ctrl=0&abbr=dc_rc_

Beananza Bars

Ingredients

- 1/2 cup all-purpose flour
- 2/3 cup packed light brown sugar
- 2/3 cup quick-cooking oats
- 1 cup natural wheat and barley cereal (Grape Nuts)
- 1 can (15 ounces each) Pinto or Great Northern beans or 1 1/2 cups cooked dry-packaged pinto or Great Northern beans, rinsed, well drained, coarsely chopped
- 3/4 cup dark raisins
- 3/4 cup chopped dates
- 1 cup flaked coconut
- 1/2 cup chopped walnuts or almonds
- 7 tablespoons melted margarine
- 1/2 cup honey
- 1 teaspoon vanilla
- 1 teaspoon ground cinnamon
- 1/8 teaspoon salt

Preparation

1. Pre heat oven at 350 degrees.
2. In a large bowl combine flour, brown sugar, oats, cereal, beans, raisins, dates, coconut, and walnuts. Add remaining ingredients, mixing well. Press mixture evenly into greased 13x9 inch baking pan.
3. Bake until bars are browned and firm to touch in center, 20 to 25 minutes. Cool completely before cutting.

TIPS: 1 2/3 cups low fat granola cereal can be substituted for oats and natural wheat and barley cereal. Use a pastry cutter to chop beans quickly and easily.

Makes 32 2 inch squares.

Calories 134, Total Fat 4 g, Sodium 103 mg, Carbohydrate 23 g, Fiber 2 g, Protein 2 g.

Recipe courtesy of American Dry Bean Board
<http://www.usdrybeans.com/2010/08/beananza-bars>



Navy Bean Oatmeal Chocolate Chip Cookies

Ingredients

- 1 cup cooked navy beans
- 1/2 cup butter or trans fat-free shortening
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups quick-cooking oatmeal
- 6 ounces (1 cup) chocolate chips

Preparation

1. Pre heat oven at 375 degrees.
2. In a food processor puree cooked beans, puree until a thick paste is formed.
3. Measure 1 cup of bean puree and cream with butter and sugar in the mixer. Add eggs and vanilla and blend well. Add all other ingredients. Combine thoroughly.
4. Drop rounded tablespoons of dough onto a greased cookie sheet. Bake for 16 minutes or until golden brown.

Makes 2-3 dozen.

Calories 123, Total Fat 3 g, Sodium 54 g, Carbohydrates 21 g, Fiber 1 g, Protein 2 g.

Recipe courtesy of the Northarvest Bean Growers

<http://www.usdrybeans.com/2010/08/navy-bean-oatmeal-chocolate-chip-cookies>

Spicy Bean Cake

Ingredients

- 1/4 cup butter or margarine
- 1 cup sugar
- 2 eggs
- 2 cups cooked, pureed pinto beans
- 1 cup flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 2 cups diced apples
- 1/2 cup nuts
- 1 1/2 teaspoons vanilla
- 3/4 cup raisins

Preparation

1. Pre heat oven at 375 degrees.
2. In a blender cream butter or margarine and sugar. Add eggs, one at a time, beating well. Blend in pureed beans.
3. Sift together dry ingredients. Add to creamed mixture, blending well. Fold in apples, raisins, nuts & vanilla. Pour into buttered 9x13 inch pan.
4. Bake in oven, 45 to 50 minutes or until cake tests done. Frost as desired

Makes 12 servings.

Calories 203, Total Fat 8 g, Sodium 184 mg, Carbohydrate 28 g, Fiber 4 g, Protein 6 g.

Recipe courtesy of the Idaho Bean Commission
<http://www.usdrybeans.com/2010/08/idahos-spicy-bean-cake>