

MINUTE NUTRITION NEWS

October 2018

Eating Local and Seasonal: Beans

By Lisa Lau, Registered Dietitian at the Georgina Nurse Practitioner Led Clinic

Dry beans in Ontario are usually harvested around September, but can be stored for long periods of time and enjoyed through the year. Unlike the featured vegetables in previous issues of *Minute Nutrition News*, dry beans actually fall under the category of meat and alternatives, also known as the protein food group, in Canada's Food Guide. Beans can be an excellent substitute for meat in your meals – they are healthy, low in cost and great for the environment (to grow).

Nutritional Benefits

Beans make an excellent protein source as a part of a balanced meal. Compared to meat, they are lower in fat and higher in fibre, two important criteria for a healthy heart. Research shows that in a Mediterranean diet that can lower the risk of heart disease by 30%, **three or more servings of legumes (such as beans, lentils and chickpeas) should be consumed each week.**

Beans along with other legumes are also low on the glycemic index, meaning that blood sugars have a slow rise in the body after eating beans. Not surprisingly, research also shows that the Mediterranean diet including bean consumption can reduce the onset of diabetes by 52% in people who have high risk of heart disease.

Ways to Use Beans

For many people in Ontario, eating beans is limited to the occasional winter time chili. However, beans can actually be incorporated into many everyday recipes. Try some of the following ideas and get the actual recipes from the Ontario Bean Growers website (<http://ontariobeans.on.ca>).

- Substitute ground beef in **burgers** with black beans. Roughly blend together cooked beans with cooked mushrooms, red onion, garlic and spices. Form patties and cook in a skillet.
- Substitute ground beef with Romano beans to make **meatballs**. Roughly blend together cooked beans with cooked onions and garlic. Then add eggs, breadcrumbs, parmesan cheese, herbs and seasoning before cooking in the oven.
- Substitute regular flour with black bean flour or cooked black beans into **chocolate brownies, muffins or cookies**.
- Substitute the ground beef layer in **lasagna** with cooked white beans or canned beans in tomato sauce.

References: 1) Estruch et al., 2013. Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. *The New England Journal of Medicine*;368(14):1279-1290. 2) Salas-Salvado et al., 2001. Reduction in the Incidence of Type 2 Diabetes with the Mediterranean Diet. *Diabetes Care*;34:14-19. 3) Ontario Bean Growers. <http://ontariobeans.on.ca>



White or Navy beans



Black or Black Turtle Beans



Kidney Beans
(in red or white)



Cranberry or Romano Beans

Recipe of the month

October 2018

Magnificent Minestrone

This soup is a perfect representation of fall in Ontario and it's got everything you need for a heart-warming and nourishing meal. It combines all the fall vegetables that are coming to the end of its season this month, along with an assortment of dried beans for some added protein.



Makes 6 litres

Ingredients:

2 cups	Cooked short pasta of your choice
2 tbsp	Canola oil
6	Garlic cloves, minced
2	Large carrots, chopped
3	Celery stalks, chopped
1	Large yellow onion, chopped
2 tsp	Dried thyme leaves
1	Bay leaf
1 can (19oz)	White kidney or great northern beans, rinsed and drained
1 can (19oz)	Red kidney beans, rinsed and drained
1 can (19oz)	Chickpeas, rinsed and drained
1 can (19oz)	Diced tomatoes, no salt added
1 cup	Green cabbage, shredded
2	Medium zucchini, chopped
8 cups	Reduced sodium chicken broth
1-2 tsp	Ground black pepper

Directions:

1. Cook pasta according to package directions until al dente, about 10 minutes. When finished, drain and toss with half the oil. Set aside.
2. In a large saucepan, heat remaining oil over medium high heat. Add garlic and sauté until golden.
3. Lower heat to medium. Add carrots, celery and onion. Cook until soft, stirring often, about 10 minutes.
4. Add thyme and bay leaf and raise heat to high. Add beans, chickpeas, tomatoes, cabbage and zucchini. Add chicken broth and bring to a boil.
5. Lower heat and simmer for 15-20 minutes.
6. Season with pepper and remove bay leaf. Add cooked pasta and enjoy!

Nutrition information (per cup):

128 calories, Fat 2g (3% DV), Saturated Fat 0g (0%), Protein 5g, Carbohydrate 23g, Fibre 5g (18%), Sodium 457mg (20% DV), Potassium 389mg (8% DV)

Nutrition Tip: Look for canned beans and tomatoes with no salt added for lower sodium.

Source: Pulse Canada