



# 11 Ways to Eat More Beans

Bring on the beans, everybody! There are so many benefits to eating more beans. Beans are high in protein, loaded with fiber, and an excellent source of calcium, magnesium, iron, and potassium. Plus, eating more beans means you save time and money when making meals. Try these simple ways to add more beans to your **2211** EAT plan. Remember, just one cups of beans provides 2 ounces of protein!

- Add them **in a salad**. Try black beans, red beans, or edamame.
- Bake them in dessert. Try **Susie's Bean Brownies** in the Eat Move Groove blog!
- Add them to **pasta and veggies**.
- **Roast them for a snack**. Try this Eat Move Groove favorite - rinse a can of chickpeas, dry on a towel, place on a roasting pan with parchment paper, sprinkle with a little olive oil and garlic salt, and roast at 425 for 20-30 minutes. It's so easy!
- Mash them and **make them into a spread** to have on a sandwich or crackers. Add your favorite spices.
- Mix 1 cup rinsed canned beans with 1/2 cup brown rice and 1/2 cup salsa for a **quick and easy main dish**.
- Eat them as a **side with breakfast**. How about scrambled eggs with a side of black beans and sliced tomatoes? It's a fabulous way to start the day.
- **Buy bean soup** and enjoy with sliced apples, baby carrots, and whole grain crackers for a 2-minute meal. Try minestrone, chili, or ham and beans.
- Blend to **make your favorite hummus**. Try unique spice mixes to boost the flavor.
- **Create new dips** like Cowboy Caviar with black-eye peas, black beans, corn, onions, peppers, avocados, cilantro, and lime juice! It's an Eat Move Groove favorite!
- **Try a new bean-inspired recipe** like homemade black bean burgers, bean and cheese tostadas, or bean, rice, and veggie bowls.