



SUPER CHARGE

Black Beans help your...

Which Superpowers do you get when you eat these?

Vitamin A helps you see...



DURHAM FARM AND RURAL FAMILY RESOURCES IS PROUD TO ANNOUNCE



SNACK ATTACK

Learn how to create delicious healthy snacks using



BLACK BEAN

(Also called Turtle Beans/ frijoles negros in Spanish)

Benefits of Black Beans

High in Fiber (both soluble/insoluble)

Aids in digestion, improves heart health, cuts down on chronic diseases and helps with weight maintenance.

Fiber cannot be digested or broken down in the digestion track, this is a good thing-think of it as a cleaning of the pipes! **Soluble Fiber** changes into a gel like substance that feeds good gut bacteria, delay's gastric emptying-helps you feel full longer.

SOLUBLE FIBER

INSOLUBLE FIBER

Insoluble Fiber does not change form but absorbs fluids and sticks to other material forming stool.

High in Antioxidants-helps prevent some kinds of cancers

RICH IN CARBOHYDRATES

Rich in **Carbohydrates** (source of energy for the body) but contains no sugar, it is considered a **Resistant Starch** (not digested in the small intestine, travels all the way to the large intestine where it ferments and improves gut health). Because of this, it will not raise glucose levels.

RESISTANT STARCH

POLYUNSATURATED FATS

Contains **Polyunsaturated Fats** - reduce bad cholesterol, provide nutrients that help develop and maintain cells.

Source of **Folate** - helps in red blood cell growth.

FOLATE

Paper Plate Maracas

Goal: Use creativity in decorating the plates, fine motor skills in building, rhythm with shaker!

Materials:

- Paper plates
- Paints/craft/stickers supplies for decoration
- Duct tape
- Dried black beans

Method:

1. Decorate the outside of plates and popsicle stick-allow to dry.
2. Attach stick to the inside of one plate with duct tape.
3. Pour a generous amount of black beans into plate with stick.
4. Place top plate onto bottom and seal with duct tape .



Black Bean Salad

Ingredients

- 1 cup sweet corn
- 1 tomato
- 1 sweet pepper, diced
- 1 Lime
- Small handful of cilantro
- 1 small onion (red or green)
- 1 tsp ea of spices (Salt, Cumin, Chili powder)
- 3 tbsps Olive oil

Equipment

- Cutting Board
- Knife
- Manual Juicer

Method:

1. Rinse and thoroughly drain black beans
 2. Boil corn if using fresh (it can be used raw, but will be starchy), Thaw is using frozen/drain well if using canned.
 3. If using red, small dice and rinse onions (this takes the bite out), if using green onions, cut off root end and small dice.
 4. Any type of tomato will work, if using cherry-cut in quarters, medium dice any other type.
 5. Juice 1 lime or use add juice to taste.
 6. Chop Cilantro leaves and stems (can substitute parsley if wanted)
 7. Open avocado (demo how to choose ripe avocado and how to cut) and dice
 8. Mix all ingredients, adding lime juice last to taste
 9. Stir in Olive oil, start with 1 tablespoon, and add from there
- *Add spices, starting with small sprinkles.

There can be many substitutions in this recipe, add any veggies you have on hand!

Prep Method	Pro	Con
Canned	• Ready to Use - rinse and use	• Can have sodium added • Texture/mushy
Dried	• Cost effective - maintain more nutritional value	• Longer prep time, more effort

Dried Bean Prep. (Pro-beans maintain their shape and texture)

Soaking

1. Pick through beans removing debris/damaged beans.
2. Rinse.
3. Place beans in a large enough container to allow for expansion (as beans absorb water, they plump up slightly) cover with at least two inches of water.
4. Soak for 8-24hrs.
5. Rinse until water runs clear.
6. Place in pot filled with clean water, place on simmer for 2hrs.

Quick Soak

1. Put beans in a pot filled with water, bring to a boil for 2min.
2. Remove from heat and allow to sit for 2hrs.
3. Rinse and follow cooking instructions.

Con: This method may cause beans to break apart.

Pro: Having beans break apart is helpful in recipes that you want to "hide" or blend the beans into. This is especially helpful if you do not have a blender and rely on hand mixing.



Black Bean Brownie



Ingredients

- 1 can of Black Bean
- 3 tbsp melted butter
- ½ cup semi-sweet chocolate chips
- 3 eggs
- 1 tsp vanilla
- ½ cup coco powder
- ¾ cup brown sugar
- ¼ salt

Method:

1. In a food processor blend until smooth Butter, Chocolate Chips, and Beans
2. Add Eggs, Vanilla, Coco Powder, Sugar, and Salt
3. Mix until everything is well incorporated. Line 8x8 pan with parchment paper and bake at 350 degrees for 20-25 minutes or until a toothpick comes out clean

*Toothpick check-insert toothpick into mix, if clean when removed brownies are done

Equipment

- Food Processor (blender or hand mixer)
- 8x8 pan
- Parchment paper

Sweet Black Bean Quesadilla

Ingredients

- Small Sweet Potato
- 1 can black beans
- 1 cup salsa
- 1 cup spinach
- 1 medium pepper (can use jalapeno)
- 1 green onion
- ½ cup cheese (any flavor will work)
- 6 medium tortillas

Equipment

- Pan
- Knife

Method:

1. Peel and small dice sweet potato (peeling is a preference, you will have more texture if left unpeeled), depending on how much time you have, bake at 400 degrees for 35-40mins. If time is short, you can boil until soft-this method will create a mushier consistency.
2. Drain and rinse beans, fork mash half, set the other half aside
3. Finely chop spinach, cilantro, green onion – mix with whole beans and lime juice
4. Combine cooked sweet potatoes, mashed beans, and salsa
5. Lightly oil and pre heat pan on medium/low
6. Place tortilla on flat on pan, spread bean/sweet potato mixture on half, top with greens and sprinkle with cheese. Fold tortilla in half(envelop). Keep eye on bottom and flip once golden brown. Continue to cook until cheese is melted.
7. Cut into ¼ /fingers and serve with sour cream and extra salsa. These can be heated or enjoyed cold!

