

What • Why • How

Legumes



What are Legumes?

- ~ Black beans
- ~ Chickpeas/garbanzo beans
- ~ White beans
- ~ Black-eyed peas
- ~ Kidney beans
- ~ Adzuki beans
- ~ Green lentils
- ~ Lima beans
- ~ Brown lentils
- ~ Black Beluga lentils
- ~ Red lentils
- ~ Mung beans
- ~ Soy beans

Why Include Legumes?

- ~ Important source of nourishment for people worldwide
- ~ Legumes are great sources of iron, potassium, selenium, magnesium, zinc, B vitamins
- ~ Plant-based protein
- ~ Phytonutrient content is high protecting against heart disease, diabetes and high blood pressure
- ~ Synergy with other components in the diet give legumes their power
- ~ High insoluble fiber playing a role in lowering cholesterol

How to Use Legumes:

- ~ *Assembly:* White beans (canned) and salsa (jarred)
- ~ *In Training:* Lentils, precooked chicken sausage and baby spinach
- ~ *Home Chef:* Chicken thighs and baby beluga lentils

(Actual recipes to follow)

The Center would like to thank the George Family Foundation for its generous support in launching Nourishing Minnesota.

For more information about ways to advance Nourishing Minnesota, please contact Dianne Lev at 612-624-1121.

