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**FOOD SAFETY TIP**



**When reheating leftovers, be sure to cook to internal temperature of 165°F to reduce the risk of bacterial growth. This can be done in the microwave, in the oven, or on the stove.**

## The Benefits of Beans!



One serving of beans is 1/2 cup. Depending on the type of bean, this provides between 7-15 grams of protein.

Beans are **low in fat**. Choosing beans instead of high fat meat is a great way to reduce saturated fat intake. Saturated fat intake may increase risk of certain diseases.

Beans are also **high in fiber**. One serving can provide between 10-20 grams. Americans should get at least 25 grams of fiber per day.

So, depending on the type of bean, this could fulfill almost your whole days worth of fiber.

Beans can be incorporated into almost any meal or snack. Try out some of these ideas to add beans to your diet!

**Breakfast:** Add 1/2 cup of beans as a side to a fried egg.

**Lunch:** Top a veggie-filled salad with your favorite bean.

**Dinner:** Substitute beans for ground meat in recipes like tacos.

**Snacks:** Use a food processor or blender to make a bean dip. Serve with veggies or whole grain crackers.

## Sodium Secrets

When we hear sodium, or salt, we tend to think of the salt shaker; however sodium is often hidden in many of the processed foods we consume today. High sodium intake can lead to high blood pressure, which can increase risk of heart disease. The recommendation is to limit sodium intake to under 2300 mg per day to reduce disease risk.

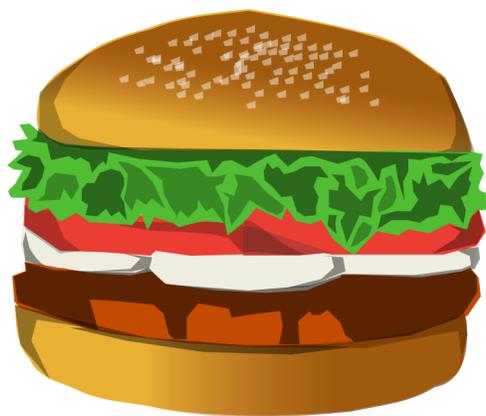


According to the Centers for Disease Control and Prevention, these are some of the foods **highest** in hidden sodium.

⇒ Breads, pizza, sandwiches, cold cuts, cured meats, soups, burritos, savory snacks, chicken, cheese, eggs, and omelets

**Tips to reduce sodium intake:**

- Add natural flavor: try using spices, herbs, and 100% fruit juice, like a squeeze of lemon or lime.
- Decrease intake of prepared/frozen/packaged meals.
- Limit use of the salt shaker.
- Choose low sodium options when available (especially for canned goods).
- Read nutrition labels. Aim for under 480 mg (per serving) for any frozen/packaged *meals*. Aim for under 250 mg (per serving) for other foods.



# Black Bean Sliders

Servings: 7  
 Serving Size: 2 sliders

Try this delicious veggie burger recipe as an alternative to beef hamburger recipes. Top with your favorite condiments, vegetables, and even avocado, for added fiber and healthy fats.

## Ingredients

- 2 15-ounce cans black beans, low sodium drained and rinsed
- 2 carrots, diced
- 1/2 cup onion, diced
- 1/2 cup bread crumbs, plain
- 1 egg, slightly beaten
- 2 teaspoons chili powder
- 1/2 teaspoon black pepper
- 14 slider hamburger buns, slider sized

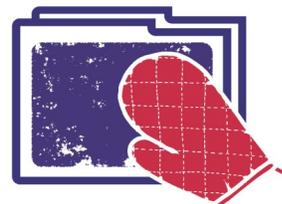
## Instructions

1. Place 1 1/2 cups black beans in a large bowl and mash well, using a fork or potato masher.
2. Add the remaining black beans and other ingredients, except buns, to bowl and combine well.
3. Scoop 1/4 cup of mixture and form into a patty. Repeat until no more mixture remains.
4. Spray a large skillet with cooking spray and heat over medium heat. Cook patties, about 2-3 minutes each side, until browned.
5. Remove from heat, serve on bun, and enjoy.

Recipe Facts	
Amount Per Serving	
Calories 299	Calories from Fat 30
% Daily Value*	
Total Fat 3.3g	5%
Saturated Fat 0.8g	4%
Cholesterol 27mg	9%
Sodium 505mg	21%
Potassium 591mg	17%
Total Carbohydrates 53g	18%
Dietary Fiber 11.7g	47%
Protein 15g	30%
Vitamin A	64%
Vitamin C	10%
Calcium	15%
Iron	27%

\* Percent Daily Values are based on a 2000 calorie diet.

**LOOKING FOR RECIPE INSPIRATION?**  
**Check out Click 'N Cook®,**  
**our online recipe database**  
**at [GBFB.org/clickncook](http://GBFB.org/clickncook)**



**CLICK 'N COOK®**

# What Can You Do With ... Spinach?

**Choosing:** Choose spinach that is crisp and dark green. Avoid wilted or yellow spinach.

**Storing:** Store in plastic bag (remove air) or in Tupperware container. Line plastic bag or container with paper towels to help absorb extra moisture.

**Preparing:** Remove stems (if present). Wash thoroughly. Spinach should be washed multiple times to remove all dirt and possible contaminants (especially when serving raw). The best way to wash spinach is by soaking the spinach leaves in a bowl of cold water for about 10 minutes (stirring them around occasionally). After soaking, remove spinach leaves by hand, pour out water from bowl. Rinse the bowl, and repeat the process. Give the leaves a final rinse and either pat dry or use a salad spinner.

**Cooking:** Spinach can be served raw, sautéed, or added into recipes such as lasagnas, dips, or smoothies.

**Nutrition:** Spinach is high in vitamin A, vitamin K, vitamin C, and folate. It is also a good low-calorie source of fiber.



## Spaghetti with Spinach Pesto

Servings: 8

Serving size: 1/2 cup

### Ingredients

- 1 pound spaghetti, whole wheat, uncooked
- 1, 10-ounce package frozen spinach, thawed and drained well
- 2 tablespoons canola oil
- 1/4 cup Parmesan cheese, grated
- 2 tablespoons parsley, chopped
- 2 cloves garlic
- 1/2 teaspoon salt
- 1/2 teaspoon basil, dried
- 2 tablespoons margarine
- 1/3 cup water
- 2 ounces feta cheese, crumbled

### Instructions

1. In a blender, combine spinach, oil, parmesan cheese, parsley, garlic, salt and basil. Mix at medium speed until finely chopped. Hold mixture in blender and set aside.
2. Put margarine and water in a bowl. Microwave on high for 30 seconds.
3. With blender running, gradually add melted margarine mixture to spinach mixture, until blended.
4. Cook pasta according to package directions.
5. Toss pesto with cooked pasta.
6. Sprinkle feta on top and serve.

### Recipe Facts

Amount Per Serving (1/2 cup each)

	Calories from Fat 81
	% Daily Value*
<b>Calories 294</b>	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	15%
<b>Cholesterol 8mg</b>	<b>3%</b>
<b>Sodium 417mg</b>	<b>17%</b>
<b>Potassium 203mg</b>	<b>6%</b>
<b>Total Carbohydrates 45g</b>	<b>15%</b>
Dietary Fiber 8g	32%
<b>Protein 12g</b>	<b>24%</b>
<b>Vitamin A</b>	<b>24%</b>
<b>Vitamin C</b>	<b>2%</b>
<b>Calcium</b>	<b>20%</b>
<b>Iron</b>	<b>11%</b>

\* Percent Daily Values are based on a 2000 calorie diet.

# Preparation Tip

**Plain Greek yogurt can be used in a variety of ways to add protein and reduce fat in common recipes.**

1. Use instead of mayonnaise in chicken/tuna/egg salad.
2. Substitute for part of the cream used in cream sauces like alfredo.
3. Add to baked goods for added moisture.
4. Mix with nuts and dried fruits. Spread across sheet pan and freeze for a healthy spin on chocolate bark.
5. Use instead of sour cream to top foods like tacos, burritos, and baked potatoes.
6. Mix with ranch dressing to add protein and reduce calorie, fat, and sugar content of standard dressing.



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## August 2018

**National Peach Month**

**National Watermelon Day**

August 3

**National Zucchini Day**

August 8

**National Trail Mix Day**

August 31

**Everyone has a role in ending hunger  
in our community. <sup>SM</sup>**

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