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FOOD SAFETY TIP

Cooked grains, cut-up veggies, and beans can all cause illness if they aren't refrigerated correctly. Store them in small containers in the fridge and don't leave them out at room temperature for longer than 4 hours.

Plenty of Protein, Hold the Meat

Meat has been harder to find over the past few weeks. Have you started thinking about vegetarian options? There are lots of myths about eating a vegetarian diet, so here are some facts.



Myth: Vegetarian diets don't provide enough protein.

You can get plenty of protein from a well-planned vegetarian diet and plant-based protein typically contains more fiber and less saturated fat than protein from animals. Both of these factors can help contribute to a heart-healthy diet. There are many plant-based sources of protein that fit into a healthy eating plan: legumes (like beans, lentils, peas, and peanuts), whole grains, nuts, seeds, and alternative dairy. Try to eat a food from one of these groups in each meal to make sure you get plenty of protein.

Fun fact—Carl Lewis broke the 100m world record at the time (9.68s) as a vegan athlete. Vegan means a person eats zero animal product.

Myth: Vegetarian diets are always healthier.

The "vegetarian" or "vegan" label doesn't automatically equal good health. Many snack foods like cookies, chips and sweetened cereal are usually vegetarian but they are also likely high in added sugars and oils. It might be less work to eat processed foods such as veggie burgers, but lesser processed options should make up the bulk of a vegetarian diet. Look at the recipes on pages 2 and 3 for inspiration and be sure to load up on veggies, fruits, whole grains, and lean proteins.

Myth: Vegetarian diets aren't tasty or satisfying.

For meat eaters, the meat itself often provides a lot of flavor in a dish. For vegetarians herbs, spices, and different cooking techniques can all be used to add plenty of flavor! See page 4 for more details. To be sure meals are satisfying, try to incorporate a variety of ingredients and plenty of protein, healthy fats, and fiber.

Vegetarian Breakfast Burrito



Nutrition Facts

Breakfast Burrito
Amount Per Serving

Calories 423

Calories from Fat 144

% Daily Value*

Total Fat 16g	25%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 8g	
Cholesterol 320mg	107%
Sodium 527mg	22%
Potassium 730mg	21%
Total Carbohydrates 48g	16%
Dietary Fiber 11g	44%
Sugars 6g	
Protein 22g	44%
Vitamin A	23%
Vitamin C	55%
Vitamin D	0%
Calcium	20%
Iron	34%

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

Start your day off with filling protein, healthy fat, and fiber from this breakfast burrito.

Ingredients:

- 8 eggs
- 1 tbsp vegetable or olive oil
- 1 bell pepper, diced
- 1/2 cup diced onion
- 1 tsp cumin
- 1 tsp chili powder
- 1 14.5 oz can low sodium black beans, drained and rinsed
- 4 whole wheat wraps
- 1 tomato, diced

Directions:

1. Put a large skillet over medium heat. Add oil. When oil is hot, add bell pepper, onion, cumin, and chili powder.
2. When onions and peppers are soft, add in black beans and cook until warm.
3. Meanwhile, crack 8 eggs into a bowl, add a splash of water and a pinch of salt and scramble.
4. When veggies and beans are done, set them aside in a bowl.
5. Using the same skillet, cook the scrambled eggs until set.
6. When the eggs are done, put the bean, veggies, and eggs on a wrap. Top with tomatoes and enjoy!

Makes 4 servings



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What You Should Do With ... Dried Beans?

Many kitchen cabinets have a bag or two of dried beans in the back. They can be a little intimidating for a new cook. Whether you are eyeing them now because of COVID-19 related challenges or because you want to try something new, here are a few tips for cooking dried beans.

Preparing: Make sure to soak your beans before cooking them. Here are two methods:

- *Hot Soak or Quick Soak*—In a large pot, add 5 cups of water for each cup of dry beans. Bring to a boil and boil for 2–3 minutes.

Remove from heat, cover and soak for at least 1 hour (Quick Soak) or up to 4 hours (Hot Soak). Drain.

Traditional Overnight Soak - This is the easier method. Place dry beans in a large container; for each cup of beans, add 5 cups of cold water. Cover and refrigerate 8 hours or overnight. Drain.

Cooking: Place beans in a large pot, cover with water and bring to a boil. Reduce heat, cover, and simmer gently until beans are tender but firm. Most beans will cook in 1 to 2 hours. Occasionally try a taste test to see if they are done or see if you need to add more water.

Adding flavor: Herbs and spices may be added any time in the cooking process. You should wait to add salt until the beans are tender as it will toughen them if added earlier. Add acidic foods like lemon juice, vinegar, and tomatoes after beans are cooked as these foods can prevent beans from becoming tender.

Storing: Store beans in the refrigerator. Freeze any extra beans within 4 days.



Easy Red Beans and Rice

Ingredients:

- 1 onion, chopped
- 1 green pepper, chopped
- 1 teaspoon garlic powder
- 2 14.5-ounce cans diced tomatoes
- 3 cups cooked kidney beans
- 6 cups rice, brown, cooked

Directions

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.
6. Serve over rice.



Preparation Tip

Are you in a routine of cooking at home now? Are you sticking to a few of your favorites or trying to shake things up? Here's how you can add new flavors to your dishes without adding extra, saturated fat, or sugar:

1. Start out savory dishes by sautéing onions and/or garlic in a bit of oil.
2. Squeeze some lemon or lime juice over the top of veggies, fish, or salad.
3. Try experimenting with dried spices. Some of these can be found in small plastic bags so you don't need to spend much to try it out.
4. Roast veggies to get a deeper, caramelized flavor.
5. Add fresh herbs to prepared dishes. Try growing your own to save money and always have some on hand.



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**Everyone has a role in ending hunger
in our community. SM**

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June 2020

National Dairy Month

National Fresh Fruit and Vegetable Month

National Cheese Day

June 4

International Falafel Day

June 12

National Catfish Day

June 25