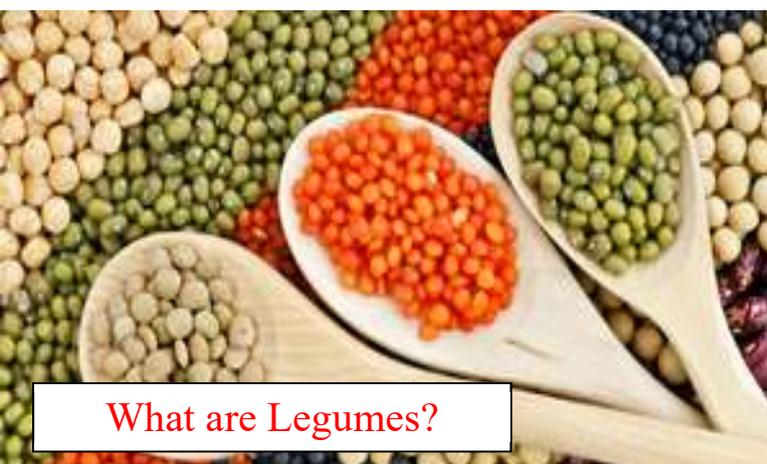


# Love your Beans...

## Eat Dry Beans, Peas and Lentils

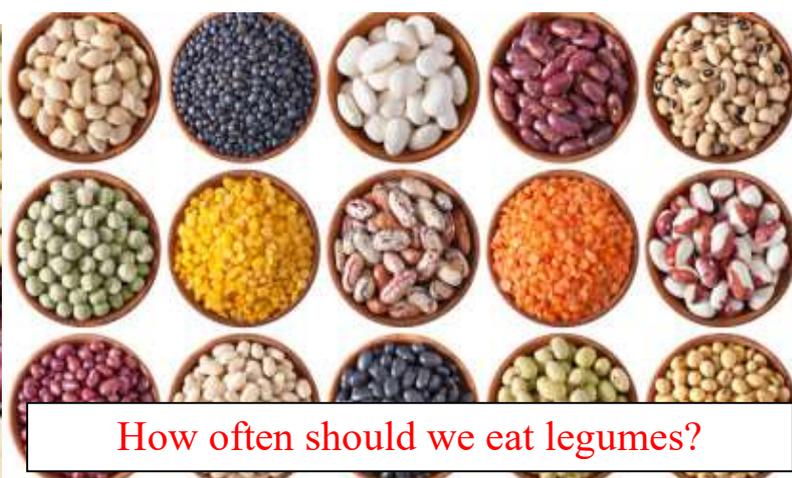
National Nutrition Week 2016



### What are Legumes?

The legume family includes:

- Dry Peas
- Beans (baked beans, black beans, kidney beans)
- Lentils
- Chickpeas
- Peanuts



### How often should we eat legumes?

- Vegetarians should eat dry beans, peas and lentils every day
- The SA dietary guidelines suggest eating dry beans, peas and lentils regularly, i.e. 4 or more times per week

### Benefits of eating legumes:

- Help prevent diseases e.g. heart disease, cancer, high blood pressure, & aid weight loss
- High in fibre - improve digestion, reduce cholesterol
- Good source of vitamins and minerals
- Good source of non-haeme iron
- Great source plant protein
- Low in fat and cholesterol-free
- Can replace meat or be added to meat dishes to extend
- Water efficient plants – environmentally sustainable

## How to include legumes in your diet:

- Add lentils to mince, chickpeas to chicken dishes, use soya mince in stews
- Try have one meatless meal per week (e.g. Meatless Mondays) and include legumes in that meal
- Add lentils to rice by replacing half the rice with legumes
- Try hummus/bean dips with vegetable sticks as a snack
- Blend beans or lentils into a soup
- Cook a large batch of beans and freeze in smaller portions
- Try beans, chickpeas and lentils in salads

### Suggested Recipes:

#### Lentil Cottage Pie:

Serves 4

##### Ingredients

- 2 medium sweet potatoes,
- 2 tbsp. unsalted butter,
- 1 1/2 cup dry lentils, rinsed
- 1 cup frozen vegetable mix
- 1 can chopped tomatoes
- 2 cups vegetable stock
- ½ tsp salt
- ½ tsp pepper

##### Method

1. Wash and dice sweet potatoes, steam or boil until soft, leave the skins on.
  2. Add butter to potatoes and mash until soft and smooth
  3. In a large pot boil the dry lentils in the vegetable stock and simmer for 20 minutes until cooked but firm
  4. Add frozen vegetables, chopped tomatoes and salt and pepper to pot and stir
  5. In a large rectangular casserole or baking tray (8x8 inches) pour lentil mix in first and spread it around. Place sweet potato mash on top and bake in 180°C oven for 45 minutes until crisp on top
- Serve warm, garnish with fresh parsley



#### Spicy Chickpea Nibbles

Serves 6-8  
Great snack idea!

##### Ingredients:

- 4 cans chickpeas
- 2 tablespoons olive oil or canola oil
- 2 tsp ground cumin
- 2 tsp curry powder
- 1 tsp cayenne pepper
- 1 tsp salt

##### Method:

1. Drain and rinse chickpeas, place chickpeas on paper towel to dry off (30 minutes). Preheat oven to 180 degrees
2. Line baking tray with foil or parchment paper
3. Bake for 40-60 minutes until crunchy, transfer to bowl and mix with 2 tablespoons oil
4. Spread the spice mixture over the chickpeas and serve

