

FOOD BYTES

Happy New Year!

January
2025

Get a fresh start with a focus on nourishing your body with nutrient-rich foods to feel your best.

Beans are a healthy, plant-based protein option and an excellent source of fiber, vitamins and minerals.

Beans are versatile and can be used in a variety of recipes. Even if you don't follow a vegetarian diet, adding plant-based meals into your diet can boost your nutrition and decrease your risk of certain chronic diseases.

Beans cost much less than other protein sources, so adding them in place of other proteins can lessen your food costs. Try lentils to extend or replace meat in kid-friendly recipes like sloppy joes, meatloaf, "meat sauce" and chili. If choosing canned beans, be sure to rinse well or look for low-sodium or no-salt-added varieties.



January 6th is
National Bean Day!

Green, red, kidney, lima, or soy are just a few of the different kinds of beans recognized on National Bean Day.

Bean Snacking:

- 7 Layer Bean Dip & Celery
- Hummus & Carrots
- Roasted Chickpeas
- Edamame

Recipe Roasted Chickpeas

Ingredients:

- 1 15 oz. can chickpeas, rinsed and drained
- 1 Tbsp olive oil
- ¼ tsp kosher salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- Cayenne pepper to taste

Quick & Healthy Snack Idea

1. Preheat oven to 450 degrees F.
2. Place chickpeas in a bowl and blot with a paper towel to dry them.
3. Toss chickpeas in olive oil to coat them.
4. Add your seasonings and toss again.
5. Spread evenly onto a rimmed baking sheet.
6. Roast ~25 minutes until brown and crunchy (or air fry for about 15 minutes to save time.)