



BEANS!

This month, we are learning all about beans. Beans come in many varieties: Pinto, Garbanzo, Kidney, Navy, Black, and more! Beans are a delicious addition to all sorts of meals. Eat beans in soup or chili, or turn into bean dip!

CLASS RECIPE - TRY IT AT HOME!

BEAN AND CORN SALAD

MAKES ABOUT 6 CUPS (6-12 SERVINGS)

Based on recipe provided by Truitt Bros. Creative Culinary Consultants

1 can black beans (12 oz.), drained and rinsed (approx. 1 3/4 cup)
1/2 bag 12 oz. frozen corn (approx. 1 2/3 cup)
1 red bell pepper, chopped (approx. 2/3 cup)
1 large fresh tomato, diced (approx. 2/3 cup)
1 Tbsp. lemon juice
1/2 bunch fresh cilantro, chopped (approx. 1/2 cup)
1 Tbsp. garlic, minced
2 Tbsp. olive oil
1 tsp. salt
1/2 tsp. ground Black Pepper

DIRECTIONS

1. Combine all ingredients in a large bowl and toss!



PRODUCE TIPS

- Avoid broken or shriveled beans.
- Dried beans can be stored for up to a year!



KIDS CAN COOK: BEANS

Kids can help prepare bean and corn salad by:

- Rinsing black beans.
- Measuring ingredients in measuring spoons and cups
- Adding prepared ingredients to the mixing bowl.
- Stirring salad in the mixing bowl