



Happy July!!!!

You probably know that dry beans are good for us, but many people don't realize how delicious they taste! Beans are an inexpensive MyPlate protein option that can boost the flavor of family meals. Examples of dry beans include kidney, black, pinto and garbanzo. Dry beans are available both in the dry form in sealed bags and precooked in cans. If you are looking for quick, canned beans should be at the top of your list.

There are two steps to cooking dry beans — soaking and cooking: Soak with one of these methods:

- **Hot Soak or Quick Soak.** “Hot soaking” helps dissolve some of the gas-causing substances in beans and most consistently produces tender beans. In a large pot, add 10 cups of water for each pound (2 cups) of dry beans. Heat to boiling; 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).
- **Traditional Overnight Soak.** This is the easiest method. Place dry beans in a large container; for each pound (2 cups) beans, add 10 cups of cold water. Cover and refrigerate 8 hours or overnight.

Drain and rinse beans soaked by either method with fresh, cool water.

Cooking Beans

Place beans in a large pot; cover with fresh water and bring to a boil. Reduce heat, cover and simmer gently until beans are tender but firm.

Periodically, try a taste test or mash a bean against the side of the pot with a fork or spoon. Check occasionally if you need to add more water. Most beans will cook in 45 minutes to 2 hours.

Herbs and spices may be added any time; add salt when beans are tender as it tends to toughen them. Add acidic foods (lemon juice, vinegar, tomatoes, wine, etc.) after beans are cooked as these foods can prevent beans from becoming tender. Refrigerate cooked beans in shallow pans if they are to be eaten later. Freeze any extra beans within 4 days after cooking them.

HOW MUCH SUGAR IS IN YOUR DRINK?

To figure how many teaspoons of sugar is in your drink take the grams of sugar divided by 4...that will equal the teaspoons of sugar that you are drinking!!

For example 40 grams of sugar in a soda divided by 4=10 teaspoons of sugar in the serving!!!.....More than one serving per container.....Multiply teaspoons of sugar by number of servings.....

Yikes if that had 2 servings it would be 20 teaspoons of sugar if you drank the whole soda!!!

Are you ready to ReThink Your Drink?

Try flavoring your water, just add sliced fruits!! CalFresh Healthy Living has added strawberries and peaches...watermelon and cucumber.....lemon and lime....all so yummy and good for you too!!!

