

Get answers to your nutrition questions
from a place you can trust

EatRight Ontario

Ask us for:

- ✓ Budget-friendly menus and recipe ideas
- ✓ Tips for grocery shopping and planning healthy meals
- ✓ Healthy eating advice for you and your family

Talk to a Registered Dietitian for FREE



Call **1-877-510-510-2** Visit **www.eatrightontario.ca**

ALL ABOUT BEANS

Beans like kidney beans, black beans and chickpeas are an inexpensive and nutritious choice.

Here are 3 easy ways to enjoy beans:

1. Add beans such as chickpeas, navy beans, black beans or kidney beans to any salad, pasta, or rice dish.
2. Make a tasty pinto bean spread. Cook chopped onion and garlic in a small amount of oil. Add one can of rinsed and drained pinto beans and 2 tbsp (30 mL) of water. Mash all ingredients with a fork. Spread this bean mixture on sandwiches or use baked tortilla triangles for dipping.
3. Try bean burgers! Mash one 19-oz (540 mL) can of black beans. Mix in 3/4 cup (175 mL) cooked brown rice, 3 tbsp (45 mL) bread crumbs and one egg (beaten). For flavour add chopped onion, garlic, cumin, lemon juice, or chili powder. Shape mixture into 6 burgers. Bake in the oven at 350°F (180°C) degrees for about 5 minutes on each side or until firm. Add your favourite toppings and enjoy!

Healthy eating spotlight:

Beans are low in fat, high in fibre and are an alternative to meat.



Find more budget-friendly recipes and factsheets at **www.eatrightontario.ca/en/budget**
or call **1-877-510-510-2**