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## (con't) LEGUMES

### Using Commodities to Meet This Standard

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The USDA Food Distribution Program offers canned, pre-cooked dry beans and peas. The USDA will soon offer low-sodium, (140 mg/serving) canned dry beans and peas.

### Menu Tips

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- Add legumes to all kinds of dishes to increase the amount of fiber in meals.
- Beans can be served as a side dish, a potato topping, or in a pasta sauce.
- Make canned dry beans and peas an every day choice on your salad bar.
- Add canned dry beans and peas to casseroles, stews, soups and side dishes like rice pilaf.
- Add canned dry beans to your chef salad.
- Serve baked beans with sandwiches and hamburgers.
- Complete your Mexican-themed menus by offering pinto beans, black beans or fat-free refried beans.

### Recipe Ideas:

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- Add beans and other vegetables to soups. A variety of beans are good in soups including garbanzo, kidney, black, and pinto.
- Add pinto or black beans to tacos and burritos.
- Top salads with beans or make a bean salad using three, four or five different beans.
- Use legumes as a meat substitute to reduce food costs and provide a vegetarian meal. Here are some examples: add kidney beans to chili, lentils in meatloaf, pinto beans in enchiladas, black beans in chunky soup, mashed kidney or pinto beans in meatballs, soybeans in casseroles and white beans in stews.
- Use beans in cookie and dessert bar recipes as a partial fat substitute.

