

12 Great Ways to Use...

Canned Beans

Looking for ways to put healthy meals together in minutes? Reach for the canned beans. Traditional cooks soak dried beans overnight before cooking them. But when you're in a hurry, canned beans are a great convenience. And they deliver plenty of inexpensive protein as well as fiber. Include canned cannellini beans, pinto beans, black beans, or chickpeas (garbanzo beans) in your weekday Mediterranean Diet meals. Get into the habit of always draining them in a colander and rinsing them well under cold water to remove as much sodium as possible.

- 1.** Add cannellini or black beans to your signature pasta dishes.
- 2.** Top salads with beans to add protein and texture.
- 3.** Add zucchini, summer squash, eggplant, peppers, and oregano to sautéed onion and garlic. Stir in cannellini beans, chopped tomatoes and 1 tablespoon red-wine vinegar, and serve over brown rice or bulgur.
- 4.** Mash beans and avocado in a bowl and spread on a whole grain wrap. Add cilantro, and for crunch, some onion, carrot, or cabbage.
- 5.** Mash pinto beans with some ground cumin and heat in the microwave. Spread on a tortilla, add scrambled eggs and salsa for a protein-packed breakfast or lunch.
- 6.** Mash black beans in a bowl, and add onion, whole wheat flour, crushed garlic, and onion powder. Form into patties and sauté in a small amount of olive oil until slightly firm. Top with hummus or feta and serve on a whole grain bun.
- 7.** Combine one can red kidney beans, one can garbanzo beans, bell pepper, onion, and parsley, mix with a citrus vinaigrette, and let marinate for several hours.
- 8.** Mash pinto beans and spread on a whole wheat pizza crust. Add tomato sauce and sprinkle with cheese of your choice. Bake or microwave.
- 9.** Combine white kidney beans, sun-dried tomatoes, garlic, rosemary, oil, and red-wine vinegar in a food processor or blender. Fold in kalamata olives and enjoy with fresh vegetables or whole grain crackers.
- 10.** To make a creamy bean dip combine red kidney beans, Greek yogurt, chopped onion, red wine vinegar, chili powder, and ground cumin in a food processor.
- 11.** Mix a can of beans, a can of drained tuna, chopped cucumber, black olives, hard boiled eggs, red onions, and marinated artichoke hearts and serve over arugula.
- 12.** Briefly sauté onions and then add kidney beans, corn, peppers, tomato sauce, garlic, paprika, and chili powder. Simmer for about 30 minutes. Add a dollop of plain Greek yogurt to thicken this vegetarian chili.



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