



## **NATIONAL NUTRITION WEEK 2016**

### **“LOVE YOUR BEANS – EAT DRY BEANS, PEAS AND LENTILS”<sup>1</sup>**

#### **Eat dry beans, split-peas, lentils and soya regularly**

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- Helps stabilise blood sugar levels and are therefore suitable for diabetics.
- Naturally gluten-free.
- Are naturally cholesterol-free and low in fat.
- Can help reduce the risk of heart disease
- Are a good source of proteins, some vitamins, plant-based iron and other substances that may have anti-cancer properties.
- Can improve colon health.
- Can help prevent and manage high blood pressure.
- Promotes bone health.
- Can help relieve menopausal symptom and help prevent mental loss with aging.

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<sup>1</sup> References available on request

### CONVERSION (Raw/cooked/tinned)

500 g (2 cups) of raw beans	=	± 1 kg (4 cups) of cooked beans
410 g tin of beans	=	350 g of cooked beans
500 g of cooked small white beans	=	500 ml of cooked beans
500 g of cooked red speckled beans	=	500 ml of cooked beans
500 g of large white beans	=	600 ml of cooked beans

### COOKING TIMES

Dry beans, and to a lesser extent - peas and lentils, should be cooked thoroughly and drained well before serving.

- Add seasonings such as bay leaves, onion, garlic, pepper corns when starting cooking, but leave salt, acidic foods and condiments, such as tomatoes, lemon juice and vinegar until after cooking as it can harden beans.
- Dry beans, peas and lentils increase 2 – 3 times in size when cooked.
- Beans, peas and lentils cook quicker in a pressure cooker.
- A wonderbag or haybox works like a slowcooker without an electrical outlet and is useful to save energy. About 15 min boiling time on the stove is needed. Place then in wonderbag:
  - Kidney beans: 5 – 6 hours;
  - Chickpeas: 4 – 5 hours;
  - Lentils: 1 – 2 hours

Kidney beans (after soaking)	3 ½ - 4 hours
Red speckled beans (after soaking)	2 ½ - 3 hours
Small white canning beans (after soaking)	1 – 2 hours
Chickpeas (after soaking)	1 – ½ hours
Split-peas (soaking not necessary)	40 – 45 minutes
Whole green lentils (soaking not necessary)	30 – 45 minutes
Red split lentils (soaking not necessary)	10 – 15 minutes

### MEASUREMENTS (Should be level unless specified otherwise)

1 Tsp (teaspoon)	=	5 ml (millilitres)
1 Tbsp (tablespoon)	=	15 ml
¼ Cup	=	62.5 ml
½ Cup	=	125 ml
1 Cup	=	250 ml
4 Cups	=	1000 ml (1 litre)

## 6 RECIPES

### LENTIL SANDWICH FILLING (8 PORTIONS)

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#### INGREDIENTS

100 g lentils (125 ml)  
1 large tomato, cut up  
10 ml grated or chopped onion (optional)  
30 ml low-fat cottage cheese (or reduced fat cheddar, grated)  
Pinch of salt

#### METHOD

1. Cook the lentils, tomato and onion together until the mixture is thick.
2. Add the cheese and salt and mix well. The filling is enough for 8 slices of wholegrain or rye bread.
3. It can be stored in a closed container in a cool place for 24 hours. It will keep for a 2 - 3 days in the refrigerator.

*(Source: adapted, National Nutrition Week Team)*



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### BEAN SOUP (4 - 6 PORTIONS)

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#### INGREDIENTS

300 g dry beans (375 ml)  
2 medium onions, thinly sliced  
15 ml Canola oil for frying  
2.5 ml salt  
Pepper to taste  
15-30 ml flour

#### METHOD

1. Cover the beans with water, soak overnight and then cook until tender and mash.
2. Fry the onion in the oil and add to the beans.
3. Add enough water to 'make 1 – 1.5 litres of soup. Add salt and pepper.
4. Bind the soup with the flour mixed with a little cold water and boil for 5 minutes.

*(Source: adapted, National Nutrition Week Team)*



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### BUTTERNUT & CHICKPEA SALAD (4 PORTIONS)

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A flavourful way to add colour and variety to your plate is to roast butternut with aromatic spices.

#### INGREDIENTS

- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) paprika
- 2 tsp (10 ml) dried origanum
- 1 tsp (5 ml) ground cumin
- ½ tsp (2.5 ml) curry powder
- 3 tbsp (45 ml) olive or canola oil
- ¼ tsp (1.2 ml) salt
- 2 tbsp (30 ml) lemon juice
- 3 tbsp (45 ml) water
- 500 g butternut, cut in cubes
- black pepper to taste
- 4 small spinach leaves or 2 handfuls of lettuce, roughly torn
- 1 x 410 g tin chickpeas, drained

#### METHOD

1. Preheat oven to 180 °C. Place spices, half the oil, salt, lemon juice, water and butternut in a large bowl and mix well. Season with black pepper and place in an oven dish.
2. Roast for 30 minutes or until butternut is tender. Allow to cool.
3. Spoon onto spinach or lettuce and drizzle with remaining oil. Enjoy as a salad.
4. Serve with grilled or roasted fish, chicken or any meat of your choice and fill your plate with lightly cooked green veggies, fruit or a tomato salad.

#### Variation:

- Add 1 slice feta, cubed to the salad for more flavour, but omit the salt
- For an extra crunch serve salad with pumpkin seeds.
- The spinach can be stirred into the hot butternut to soften the leaves a little. Serve as above.
- Add any salad ingredients of your choice like tomatoes, cucumber or green beans.

*(Source: "Recipes from Cooking from the Heart 3 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics")*



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### THREE BEAN SALAD (6 PORTIONS)

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Everybody knows a three bean salad. This version uses less oil and sugar and is just as tasty.

#### INGREDIENTS

200 g green beans, quartered  
1 x 410 g tin butter beans or red kidney beans, drained  
1 x 410 g tin baked beans in tomato sauce  
1 onion, finely chopped (see tip)  
1 red or green pepper, seeds removed and chopped  
2 tbsp (30 ml) chopped fresh parsley or 1 tsp dried parsley  
2 tsp (10 ml) sugar  
¼ cup (60 ml) white or red grape vinegar  
2 tbsp (30 ml) canola oil  
1 small clove of garlic, finely chopped  
Black pepper to taste

#### METHOD

1. Place green beans in 2 cm of water in a small pot and bring to the boil.
2. Reduce the heat and simmer for 10 minutes or until just tender, but still bright green. Drain well.
3. Mix the green and tinned beans, onion and red pepper together.
4. Mix the remaining ingredients. Stir into the bean mixture and refrigerate for 1 hour or overnight.
5. Serve as a side dish or salad.

#### Variation:

- To soften the strong flavour of raw onion, cover with boiling water and allow to stand for a few minutes.
- Drain well and use as above.

*(Source: Adapted, "Recipe from Cooking from the Heart 3 - a collaboration between the Heart and Stroke Foundation SA and Pharma Dynamics")*

## FISH-AND-DRY BEAN SALAD (6 - 8 PORTIONS)

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### INGREDIENTS

250 ml flaked cooked fish, try using oily fish\*  
250 ml cooked dry beans (100 ml raw)  
1 medium tomato, diced  
1 small onion, finely chopped  
125 ml cooked potato, cubed (optional)  
15 ml chopped parsley (optional)  
15 ml vinegar  
2.5 ml salt  
Pepper to taste

### METHOD

1. Mix all the ingredients and serve as a main dish for a light meal.

### Variations:

- Substitute finely chopped green pepper for the parsley.

\* *Examples of Oily fish can include, snoek, salmon, fresh tuna, pilchards, sardines*

*(Source: Adapted, National Nutrition Week Team)*



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### RAINBOW RICE SALAD (6-8 PORTIONS)

#### INGREDIENTS

200g uncooked Brown & Wild Rice with lentils  
1 tin (410g) Butter beans, drained  
1 tin (400g) Red kidney beans, drained  
2 tomatoes, chopped  
1 Red Pepper, chopped  
1 Yellow Pepper, chopped  
1 Onion, chopped  
½ Cucumber, chopped  
90g mixed nuts

#### ***Dressing***

½ cup olive or canola oil  
¼ cup balsamic vinegar  
1 Tbsp. lemon juice  
½ tsp. each parsley, oregano & thyme  
1 tsp. sesame seeds  
Salt & Black Pepper to taste

#### METHOD

1. Cook rice and allow it to cool
2. Then add in all the other ingredients and mix through.
3. Mix all the dressing ingredients together - shake and pour over the salad.
4. Chill and serve.

*(Source: Megan Pentz-Kluyts RD (SA), CANSA Consulting Dietitian)*