

Fiber-Full Bean-Filled Recipes

By B

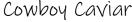
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Add salt, pepper, spices, or herbs to any of the following recipes



















Black beans (1 can) + black eyed peas (1 can) + corn (1 can or about 2 cups) + bell pepper (1 chopped) + olive oil (tablespoon) + fresh cilantro + squeeze of lime + handful of tortilla chips to dip (try Food Should Taste Good)

1 cup serving provides: 360 calories, 12 grams fat (2 grams saturated), 57 grams carb, 14 grams protein, 13 grams fiber (makes 5 servings)

Harvest Bowl

















Kale (2 handfuls) + sunflower seeds (2 tablespoons) + apple (half, sliced) + white beans (½ cup, canned) + cucumber (quarter, sliced) + dressing (teaspoon Dijon mustard + tablespoon olive oil + squeeze of lemon)

Provides: 420 calories, 23 grams fat (3 grams saturated), 46 grams carb, 13 grams protein, 13 grams fiber

Fresh Black Bean Tacos















Corn tortilla (two 6-inch) + black beans (½ cup) + avocado (half, sliced) + radish (1 or 2, sliced) + arugula (handful) + salsa (2 tablespoons)

Provides: 360 calories, 13 grams fat (2 grams saturated), 55 grams carb, 13 grams protein, 18 grams fiber

Burrito Bowl













Pinto beans (½ cup) + cooked quinoa or brown rice (½ cup) + shredded lettuce (handful) + shredded cabbage (½ cup) + shredded cheese (½ cup) + prepared pico de gallo or salsa (2 tablespoons)

Provides: 390 calories, 11 grams fat (6 grams saturated), 58 grams carb, 18 grams protein, 10 grams fiber

No Bake Cookie Dough















In blender combine: chickpeas (1 can) + water (tablespoon) + peanut butter ($\frac{1}{2}$ cup) + vanilla extract (teaspoon) + oats ($\frac{1}{2}$ cup) + honey or maple syrup (tablespoon) + mix in chocolate chips ($\frac{1}{2}$ cup) + apple to dip (half, sliced)