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Eat Well!

A Newsletter for Healthy Eating

Enjoy Pulses

Kathy Savoie, Extension Educator



**Fall
2016**

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Karen Toohey, Oxford County

What are pulses? Pulses are the edible seeds of legumes. These seeds are nutrient rich and include all varieties of dried beans, dried peas, lentils and chickpeas or garbanzo beans.

While pulses are a go-to source of protein for most of the world's population, they are not used as often for protein in the United States. Most Americans depend on beef, pork, chicken and fish for their protein. But there are good reasons to substitute pulses for part of the protein you eat each week. For one, pulses cost much less per serving than meat does. A serving of pulses costs about 10¢ where meat costs vary from about 60¢ per serving for chicken up to \$1.50 per serving for beef.

Aside from cost savings, there are very good health reasons for eating pulses, which include:

- Excellent source of fiber. All vegetables are good sources of fiber and pulses have the highest fiber of all vegetables.
- Good source of protein. Try serving pulses in place of meat in at least one meal per week to save money.
- Pulses are also an excellent source of iron, offering more iron per serving than a serving from the protein foods group.
- Excellent source of folic acid. This is especially important for women to ensure the development of healthy babies.
- A good source of potassium. A serving of pulses has as much potassium as one banana.
- Pulses are very high in antioxidants that will help keep your immune system healthy.

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Looking for ways to save money on food? The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the *Eat Well!* newsletter to find great tips to save money on food. **SAVE MONEY.**

- As part of the vegetable group, pulses are naturally low in fat and sodium.
- Pulses are gluten free. For people with celiac disease or gluten intolerance, flours made from pulses can be used to make gluten-free pasta and baked goods.

Pulses are versatile, you can find many ways to incorporate them into your diet. Try putting chickpeas and kidney beans on salads. Lentils, beans and split peas are great when made into soups. Pulses can be the main dish in your meal plan. Enjoy!



Food Safety Corner

Using Leftover Pulses

Kathy Savoie, Extension Educator

Typically, one pound of cooked dried pulses (dried beans, peas, lentils or chickpeas) makes about 6 cups. The amount will vary based on the type of pulse you cook. If this is more than you'll use in a recipe, they can be stored in the refrigerator, in a covered container and used within 5 days.

If you have too many cooked pulses to use within 5 days, freezing them to use later on is a great way to have cooked pulses on hand. You will also reduce food waste and save money.

You can freeze cooked pulses in a freezer-grade plastic bag or any type of freezer-grade container. Once frozen, they can be stored for up to 8 months. They can be frozen with or without their cooking liquid. Freezing 2 cups per container will equal the amount in a 15-ounce can of beans. This makes for easy use later on since most recipes call for a 15-ounce can of beans.

Remember to label your freezer containers with the date you froze them, type of pulse and the amount in the container.



When you are ready to use your frozen pulses, they can be added directly from the freezer to a recipe, like chili or soups. They can also be thawed ahead of time to prevent them from getting too mushy in a recipe. To thaw them ahead of time, place the frozen pulses on a plate or in a bowl (to catch excess water) in your refrigerator overnight.





Kid's Korner

After School Hummus



Hummus packs a lot of protein and fiber!

Ingredients

- 1 can (15 ounces) reduced sodium garbanzo beans (chickpeas)
- 2 medium garlic cloves, minced or ¼ teaspoon garlic powder
- 4 teaspoons lemon juice
- 1 teaspoon ground cumin
- 1 tablespoon oil (vegetable or olive)
- 2-4 tablespoons water
- ½ cup plain nonfat yogurt

Directions

1. Drain and rinse beans.
2. Use a blender or food processor. Combine garbanzo beans, garlic, lemon juice, cumin and oil.
3. Blend on low speed until the beans are mashed. If bean mixture is dry, add 1 tablespoon of water at a time until texture is smooth.
4. Stir in yogurt with spoon.
5. Refrigerate for several hours or overnight so the flavors blend.
6. Serve with fresh vegetables, pita chips or crackers.

Makes 8 servings Serving size: 2 tablespoons
Cost per recipe: \$2.16 Cost per serving: \$0.27

Nutrition Facts	
Serving Size 2 Tablespoons (73g)	
Servings Per Container 8	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A 0%	• Vitamin C 2%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart, Eat Smart, website at www.extension.iastate.edu/foodsavings/.

Quick and Easy Eat Well Recipe

Hamburger Vegetable Soup



Ingredients

- ½ pound lean ground beef
- 1 cup diced onion
- 4 cups water
- 1 beef bouillon cube, or 1 teaspoon granules (optional)
- 1 potato, peeled and chopped
- 1 cup diced carrots
- 1 cup shredded cabbage
- ¼ cup uncooked brown rice
- ⅛ teaspoon pepper
- 1 (28 ounce) can diced tomatoes (4 cups)
- 1 (15 ounce) can kidney, cannellini or Great Norther Beans (pulses)

Directions

1. Brown ground beef and onion in large pot. Drain off excess fat.
2. Add water and bouillon cube or granules.
3. Add potatoes, carrots and cabbage. Bring to a boil.
4. Sprinkle rice into mixture. Add pepper.
5. Cover and simmer for one hour.
6. Add canned tomatoes and beans.
7. Heat to simmering. Serve.

Variations: Ground turkey can be substituted for ground beef. To lower the sodium/salt, prepare without the bouillon. Zucchini, summer squash, green beans and other garden vegetables can also be added. Leftover cooked vegetables can be added just before serving. Barley or pasta can be substituted for the rice.

Makes 7 servings Serving size: 1½ cup
 Cost per recipe: \$5.60 Cost per serving: \$0.80

Nutrition Facts	
Serving Size 1 1/2 cups (394g)	
Servings Per Container 7	
Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 150mg	6%
Total Carbohydrate 25g	8%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 12g	
Vitamin A 90%	• Vitamin C 45%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Eat Well! is published four times a year for current, past and future UMaine Extension Eat Well program participants. For more information on Eat Well, contact your County Extension office. **Managing Editor:** Kate Yerxa, MS, RD, **Extension Editor:** Phoebe Nylund, Eat Well Program. **Eat Well Committee:** Kathleen Savoie, MS, RD, Extension Educator; Kate Yerxa, MS, RD, Extension Educator; and Christine Finemore, Community Education Assistant. **Design and Production:** Phoebe Nylund, Eat Well Program.

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Food Bites

Storing and Cooking Pulses

Kate Yerxa, Extension Educator

Storing Pulses

Store pulses in a cool, dry place and avoid high temperatures and high humidity to maintain freshness. Store unused pulses in a re-sealable plastic bag or tightly covered, non-metal container for up to one year.



Cooking Pulses

When cooking with pulses the first step is soaking. Soaking pulses before cooking helps soften the pulses to reduce cooking time and makes them more digestible.

1. Sort pulses to remove small stones or other foreign objects.
2. Place pulses in a pot or strainer and rinse well under cold running water.
3. Soak pulses. There are two ways of soaking pulses; overnight soak and quick soak.
 - **Overnight soaking:** Place 1 pound (16 ounces) of pulses in a large pot or container and soak with 6 cups of cool water. Soak in the refrigerator for 6-8 hours or overnight.

- **Quick soaking:** Place 1 pound (16 ounces) of pulses in large pot with 8 cups of water, boil for 2 minutes. Remove from heat, cover and soak for 1 hour.

When finished soaking, the pulses should be tender and may have doubled or tripled in size.



4. Drain soaking water and rinse pulses.
5. Place pulses back into the large pot with 6 cups of fresh water.
6. Bring pulses to a boil. In general, pulses take 1 to 2 hours to cook depending on variety. Check bean packaging for specific cooking times and instructions.

Tip: *When fully cooked, use pulses in any recipes that call for either canned pulses (beans) or cooked pulses.*



Ask Eat Well

Karen Toohey

Community Education Assistant, Oxford County



Karen has worked for the University of Maine Cooperative Extension for 19 years as a Community Education Assistant in Oxford County. She enjoys teaching nutrition to students in public schools. Outside of work, Karen enjoys her nine grandchildren, reading and spontaneous adventures.

Q. “I hear so much about the benefits of fresh vegetables, but they can be expensive. Is it okay to serve frozen or canned vegetables to my family?”

A. Yes, it certainly is okay to serve your family frozen or canned vegetables and here’s why:

- Vegetables are flash frozen at the peak of their growing season.
- Purchasing a large bag of frozen vegetables saves time and money.
- You can rinse the salt from canned vegetables or use no salt added canned vegetables.
- Canned vegetables have a longer shelf life than fresh vegetables.
- Both frozen and canned vegetables can be less expensive than fresh vegetables out of season.
- Keeping canned and frozen vegetables on hand makes meal time easier.
- Last but not least, frozen and canned vegetables count toward meeting your family’s vegetable needs each day.