



TIPS & TRICKS

Rice and Bean Salad

Nutrition

- This recipe includes chickpeas. The Dietary Guidelines recommends eating more dry beans, peas, and lentils for protein. Like vegetables, beans, peas, and lentils are excellent sources of fiber, folate, and potassium. And like protein foods, they are excellent sources of plant protein, also providing iron and zinc.
- This dish has 7 grams of dietary fiber, which amounts to 25% of the daily value for fiber for a 2,000-calorie-a-day diet. Diets higher in dietary fiber can increase the frequency of bowel movements and can reduce the risk of developing cardiovascular disease.
- Brown rice is a whole grain. Whole grains are sources of magnesium and selenium. Magnesium is a mineral used for lots of functions in the body, including building bones. Selenium helps with immune function among many other things. Brown rice is higher in fiber than white rice.
- Many salad dressings are high in added sugars, saturated fats, and sodium. Making salad dressing at home is a great way to control the flavor and nutritional value. This simple salad dressing would pair well with other salads too.

Cooking Tips

- This is a great recipe to make ahead of time and eat throughout the week.
- This recipe is very versatile and can use a variety of different items. Try different veggies such as tomatoes, bell peppers, and cucumbers. You could use any variety of low-sodium beans in this dish. The addition of a cheese such as feta or shredded parmesan might also be tasty. Try green onion instead of red onion. Fresh garlic instead of garlic powder will add an even brighter flavor. For an extra kick, add a can of green chiles.



- The dressing ingredients are very versatile. The proportions do not need to be exact, and you can alter them based on personal preference. Play around with the ingredients to see how each one impacts the taste of the dressing. This dressing recipe would be delicious on salads too.

Teaching

- Here is an introductory activity when demonstrating this recipe:
 - **Before class:** Gather plain paper and markers or pens.
 - **Say:** A mixed salad is on the menu today! We will be talking about how adaptable this recipe is for substituting ingredients in a little while. That is the fun thing about salads, you can mix many ingredients in a variety of ways to get a different taste every time. Let's be creative today and make a salad ingredients list using the letters in your first name. Down

the side of your paper, spell your name. For every letter, think of an ingredient that starts with that letter that could go in a salad. Be creative and have fun! Ask your neighbor for ideas if you get stuck. We will share a few examples when you finish.

• **For example:**

- K-Kale
 - A-Almonds
 - T-Tangerine
 - H-Hummus
 - Y-Yogurt Dressing
- Use this recipe when teaching the HCEB lessons Shifting to Healthier Choices, which teaches salads and salad Dressings; Healthy Affordable Meals, which focuses on preparing grains like rice; or the Proteins lesson, which teaches how to cook dried beans, peas, and lentils.

- Salads and salad dressings are taught in the HCYRB lesson Moving Toward Good Health. Grains are the focus in the Building Healthier Meals with MyPlate. Use this recipe during those lessons.
- The FCS publications, FN-SSB.064 Great Grains Packed with Nutrition and FCS3-567 The Health Benefits of Dark Green Leafy Vegetables, might be useful to share with participants.

• **Other reliable resources include:**

- USDA MyPlate: Beans, Peas, and Lentils <https://www.myplate.gov/eat-healthy/protein-foods/beans-peas-lentils>
- USDA MyPlate: Vegetables <https://www.myplate.gov/eat-healthy/vegetables>
- USDA MyPlate: Grains <https://www.myplate.gov/eat-healthy/grains>

Sources:

- <https://www.myplate.gov/eat-healthy/vegetables>
- <https://ods.od.nih.gov/factsheets/VitaminC-Consumer>



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.