



HOW GREENS AND BEANS

Beans

Filled with fiber, protein, and vitamins, beans are a great alternative to the usual pork chops, steak, or chicken breast. The next time you go grocery shopping, be sure to check out the bean aisle. There are kidney, black, garbanzo, lentil, white, lima, navy, and pinto beans – just to name a few!

Did you know that one can of beans costs less than a dollar? And dried beans are even cheaper! If you have time, you can cook dried beans from scratch or use a slow cooker.

When buying canned beans, look for the “low sodium” options. Or you can rinse them to cut down on the salt.

Worried about ... gas? Start eating small amounts at a time and chew them well. Your saliva will help you digest the beans better. Beans that are easier on the tummy include adzuki and mung beans, lentils, as well as black-eyed, pigeon, and split peas.

Get creative with your beans! Try using garbanzo beans instead of tuna in tuna salad, lentils instead of ground beef for your pasta sauce, or even make brownies with black beans instead of flour.

Greens

As for your greens, try eating anything dark green in color as they give great benefits for the body. They are filled with folate and vitamins A, B, C, E and K.

Don't like veggies? A food processor can be used to finely chop vegetables, such as parsley, spinach, chard, kale, and broccoli. Mix them into your favorite sauces and dishes such as casseroles, soups and stews.

For the more daring veggie eaters, try something new such as a Romanesco broccoli and cauliflower combination. Or try a new fresh herb such as rosemary, thyme, basil, or cilantro – or a dash of new spice blends like curry, lemon pepper, or chili powder.

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