



GIHC1

GLOBALLY INSPIRED HOME COOKING

Beans + Rice = A Complete Protein for Global Nutrition

Time: 75 Minutes (1 recipe prepared); 95 Minutes (2 recipes prepared)

Learn why pairing these two simple ingredients creates a complete protein and why beans-and-rice dishes have become culinary staples across the globe. Learn how various countries make this combination their own with unique preparations.

OBJECTIVES:

Describe the nutritional benefits of eating beans and rice (both together and separately).

Identify different types of beans and different types of rice.

List two healthy cooking tips for beans and/or rice.

Describe cooking traditions for beans and rice in other countries.

SETUP

- Review the resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up demo station with the necessary activity resources.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (20 Minutes)

- Ask participants if they've prepared a beans-and-rice dish before. If so, do they have a family recipe they'd like to share with the group?
- Demonstrate content (see demo script). Play both videos as indicated in script.

ACTIVITY (20-40 Minutes)

- The class will divide into two groups. Each will prepare the same or a different beans-and-rice recipe.

RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste the healthy dish or dishes. Ask each participant to share one learning from the lesson.

GOAL SETTING/CLOSING (15 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimers before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® Initiative. We are proud to be working together to help improve the health of all Americans.

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Beans + Rice = A Complete Protein Resource List

HANDOUTS/VIDEOS

Find these resources on [AHA's YouTube channel](#) or [heart.org/healthyforgood](#)

- Video – [Globally Inspired Home Cooking with Beans and Rice](#)
- Video – [How to Cook Dried Beans](#)
- Article – [The Benefits of Beans and Legumes](#)

Find these resources in this lesson

- Handout – [Whole Grain versus Refined Grain](#)
- Recipe – [Red Beans and Rice with Corn on the Cob](#)
- Recipe – [Tuscan Bean Soup](#)
- Handout – [World Map – Beans and Rice Recipes Inspired by Global Flavors](#)
- Handouts – [Beans and Rice Recipes for Globally Inspired Home Cooking](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access, and projector, if available

DEMO SUPPLIES

- Samples of various types of beans and various types of rice — two or three kinds of beans and two or three kinds of rice. Please reference the demo script for options.

ACTIVITY INGREDIENTS* AND SUPPLIES**

For Red Beans and Rice with Corn on the Cob

- 1 cup uncooked long-grain brown rice (**Prepare the rice in advance to save time.**)
- 2 teaspoons olive oil (extra virgin preferred)
- 4 medium green onions, thinly sliced, or ½ medium onion, thinly sliced
- 4 medium garlic cloves, chopped, or 2 teaspoons bottled minced garlic
- 1 ½ cups cooked red beans, cooked without salt, or 1 15.5-ounce can no-salt-added red beans, kidney beans, black beans, pinto beans, or black-eyed peas, rinsed and drained (**If using cooked dried beans, prepare them in advance to save time.**)
- ½ teaspoon salt-free Cajun seasoning blend
- ¼ teaspoon pepper and pepper to taste (freshly ground preferred), divided use
- 4 large ears of corn, husks and silk discarded
- Olive oil cooking spray
- Measuring cup
- Measuring spoons
- Chef's knife or paring knife
- Can opener (for canned beans)
- Electric burner
- Large skillet
- Large spoon (to stir the beans and rice while cooking)
- Large pot with lid
- Baking sheet
- Paper towels

For Tuscan Bean Soup

- 1 teaspoon olive oil
- ½ small red onion, chopped
- 1 medium rib of celery, chopped
- 1 medium garlic clove, minced
- 2 cups fat-free, low-sodium chicken broth
- 1 15-ounce can no-salt-added Great Northern beans, rinsed and drained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 teaspoon dried oregano, crumbled
- ½ teaspoon dried thyme, crumbled
- ¼ teaspoon crushed red pepper flakes
- 2 cups fresh spinach leaves
- ⅓ cup shredded or grated Parmesan cheese
- Measuring spoons
- Chef's knife or paring knife
- Measuring cup
- Can opener
- Colander or fine-mesh sieve
- Electric burner
- Large saucepan or Dutch oven
- Large spoon (for stirring while cooking)
- Ladle
- Bowls (for tasting both recipes)
- Spoons (for tasting the Red Beans and Rice)
- Plates (for tasting the corn on the cob)
- Soup spoons (for tasting the Tuscan Bean Soup)

**Red Beans and Rice with Corn on the Cob recipe serves 8 people and Tuscan Bean Soup recipe serves 6 people; please multiply ingredients as necessary for your participants.*

***Purchase appropriate number of supplies for your participants. Participants will divide into 2 teams and share supplies and ingredients.*

Beans + Rice = A Complete Protein Demo Script



SAY:

Have you prepared a beans-and-rice dish before? If so, do you have a family recipe you'd like to share with the group?



Protein comes from plant sources as well as animal sources. Beans and rice are among the oldest foods known to humankind. Both are easy to grow, plentiful, and filling. The combination of beans and rice creates a complete protein. Beans alone and rice alone both lack certain essential amino acids. If eaten together, however, each contributes what the other is missing to form a complete protein. Beans-and-rice dishes are highly valued for protein in areas where animal proteins are often hard to obtain and expensive.

Show the video: Globally Inspired Home Cooking with Beans and Rice.

BEANS



SAY:

Let's talk about beans first. Every plant we eat has at least a little bit of protein in it. Some have a lot—like beans, also called legumes! The term “legumes” refers to a large family of plants, which includes lentils, peanuts, peas, and all kinds of beans, like soybeans. Legumes are rich in protein. Beans and all legumes offer certain health benefits that animal proteins don't.

- Beans are high in minerals without the saturated fat found in animal proteins.
- Beans as part of a heart-healthy diet and lifestyle may help reduce your blood cholesterol levels and may lower your risk of heart disease.
- Beans are a great source of dietary fiber. Dietary fiber refers to the parts of the plant that your body can't digest. Adding beans to your diet may help with weight management. The dietary fiber in beans may help you feel full longer, so you may eat fewer calories.



Here are some examples of types of fresh beans.



Green Beans: We all recognize these!

If you have them, hold up a few green beans. Pass them around in a small bowl.



Some people call them “string beans” because of the fibrous string that used to run along the spine of the bean. Nowadays that string has been bred out, but the name remains. They're easy to grow in most climates so are popular across the globe. The peak growing time in the U.S. is May to October. Green beans give you vitamins A and C. Vitamin A contributes to healthier eyes and skin.



Lima Beans: Named for the capital of Peru, these light green beans originated in Peru and have been eaten since the 1500s.

If you have them, hold up a few lima beans (either baby or Fordhook). Pass them around in a small bowl.



There are two types, baby lima beans and Fordhook. The Fordhook bean is larger and fuller. Lima beans contain phosphorus, potassium, and iron. Along with calcium, phosphorus builds strong bones and teeth.



Red Kidney Beans: These versatile beans, which are also thought to have originated in Peru, are the same shape as the human kidney. Their skin is thicker and dark red, while their interior is light in color.

If you have them, hold up a few red kidney beans. Break one open to show the interior. Pass them around in a small bowl.



They're perfect in a pot of chili and, of course, in red beans and rice. Red kidney beans are a good source of potassium, iron, magnesium, B-6, and calcium. Potassium helps your heart and muscles to function and regulates the level of fluid in your body.

Beans + Rice = A Complete Protein Demo Script (Continued)



SAY:

Edamame: Edamame is the Japanese name for green soybeans. You can buy pods, which have a bright green skin that's slightly fuzzy, or you can buy shelled edamame. The pods are served as a snack or appetizer and then "popped" to release the edamame inside.



Edamame provides your body with vitamin K and folate. Vitamin K aids blood clotting.

If you have them, hold up a few edamame pods. Pop one to show how the edamame come out. Pass them around in a small bowl.



Great Northern Beans: White in color and about the same size as lima beans, Great Northern beans have a mild, nutty flavor. They're widely available in dried form. Mix them with rice or use them in soups, stews, and baked beans. These beans are a good source of iron, which helps form healthy red blood cells.

If you have them, hold up some Great Northern beans. Pass them around in a small bowl.



Here are some examples of types of dried beans.



Black Beans: Popular in Mexico and Central and South America, these beans make a savory soup. They're also known as turtle beans.

If you have them, show the dried black beans in a small bowl. Pass them around.



Black beans contain magnesium, iron, and calcium. Magnesium helps with bone formation as well as helping nerves and muscles to function.



Pinto Beans: "Pinto" is Spanish for "painted." These beans have a beige surface that's marked with darker brown spots and streaks. Their color becomes a consistent brownish-pink when cooked. They're frequently used for refried beans or chili. Pinto beans provide manganese, copper, and phosphorus. Manganese is necessary for the brain and nerves to function normally.

(If you have them, show the dried pinto beans in a small bowl. Pass them around.)



Chickpeas: These small tan nuggets are also called garbanzo beans. They're used in Middle Eastern dishes. Hummus is typically made from chickpeas. Chickpea flour is important in Indian cooking. Chickpeas are a source of folate, which is a B vitamin. Folate is in prenatal vitamins since it's critical for the baby's healthy development.

If you have them, show the dried chickpeas in a small bowl. Pass them around.



Healthy Cooking with Beans

- Fresh, frozen, canned, or dried beans all can be healthy choices. Remember that sodium is usually added to canned foods to preserve them. Look for no-salt-added, low-sodium, or reduced-sodium canned beans. Compare the sodium content on the Nutrition Facts label and choose the product with the lowest amount. Rinse and drain canned beans to reduce their sodium even more.
- Dried beans are one of the least expensive proteins at pennies per pound. They can also help you control the sodium in your diet.
- Upgrade your fats when cooking beans. Use healthy vegetable oils, such as canola, corn, or olive oil, instead of butter, lard, or tropical oils.
- 2 cups of dried beans equal 6 cups of cooked beans or 4 cans of canned beans.
- The long soak method of rehydrating dried beans uses 3 times as much water as beans. Soak for 8 to 12 hours at room temperature. The quick soak method uses 5 cups of water for every 1 cup of dried beans. Bring the water and beans to a boil. Boil for 3 minutes. Cover and remove from the heat. Let stand for 1 hour.



Let's watch a video about cooking dried beans.

Show the video: [How to Cook Dried Beans.](#)

Beans + Rice = A Complete Protein Demo Script (Continued)

RICE



SAY:

Now, let's talk about rice. When you purchase rice, look for brown rice. It's more nutritious than white rice. Brown rice is a whole grain and has all three parts of the grain—the bran, germ, and endosperm.

Show the image on page 7 of a whole grain versus a refined (white) grain.



White rice is a refined grain, which means it has been milled and the bran and germ have been removed. The refining process removes much of the B-vitamins, iron, and dietary fiber. Most refined grains are enriched so some of the vitamins and iron are added back after processing, but fiber is not. So, with white rice, you're not getting the full range of nutrition that you get with brown rice.

- Whole-grain rice contains iron and B-vitamins.
- Whole-grain rice has dietary fiber. Eating whole-grain rice as part of a heart-healthy diet and lifestyle may help reduce your blood cholesterol levels and may lower your risk of heart disease.
- Whole-grain rice (just like beans) may help you feel full longer, so you may eat fewer calories.



Here are some examples of types of rice.



Brown Rice: The bran gives it the brown color and more chewy texture. Brown rice takes longer to cook than white rice. We'll talk about that.

If you have some, show the brown rice in a small bowl. Pass it around.



Wild Rice: Wild rice is a whole grain and even though it's called "rice," is technically a marsh grass. It comes from the northern Great Lakes region. Full of flavor, wild rice is a popular side dish and can be added to stuffing.

If you have some, show the wild rice in a small bowl. Pass it around.



Basmati Rice: From India, this long-grain rice is quite fragrant when it cooks. Its name even means "aromatic." Basmati rice is available in both brown and white. It has a nutty flavor and is often served with curry.

If you have some, show the basmati rice in a small bowl. Pass it around.



Jasmine Rice: Like basmati, long-grain jasmine rice is available in both brown and white. It perfumes the air while it cooks with a fragrance that's described as floral (although some say the fragrance reminds them of fresh popcorn). Jasmine has slightly shorter, thicker grains than basmati and doesn't cost as much. It's used often in Asian cuisine.

If you have some, show the jasmine rice in a small bowl. Pass it around.



Healthy Cooking with Rice

- If you've bought a particular brand of rice, follow the instructions on the back of the bag or box, but omit the butter/margarine and salt. Season the cooked rice with fresh herbs.
- If you've bought brown rice in bulk, just remember "two to one." Two cups of boiling water and one cup of rice will make about three cups of cooked rice. Pour the rice into the boiling water. Stir it once. Reduce the heat to low. Cook, covered, for about 50 minutes. Remove from the heat. Let stand, still covered, for 10 minutes. Fluff the rice with a fork.
- Quick-cooking brown rice takes about 15 minutes. Instant brown rice takes 10.

Beans + Rice = A Complete Protein Demo Script (Continued)

BEANS AND RICE AROUND THE WORLD



SAY:

Let's go over some of the ways bean-and-rice dishes are prepared around the world.

In North America: The American South is the origin of Soul Food. African-Americans created dishes using available ingredients, such as beans and rice, then added plenty of spice and greens to satisfy. *Louisiana Red Beans and Rice* has a base of onions, bell pepper, and celery—called the “holy trinity.” The red beans and rice get their spicy kick from Cajun or Creole seasoning. Puerto Ricans favor *Habichuelas Guisadas*, stewed red kidney beans served over rice. Cubans eat what they call *Moros y Cristianos*, black beans and white rice, representing the Moors and Christians.

In Mexico, Central, and South America: Mexican beans and rice can be seasoned with cumin and Mexican oregano. In Nicaragua, *Gallo Pinto* (“painted rooster”) is made with red kidney beans and rice seasoned with Salsa Lizano, which tastes a bit like Worcestershire sauce. *Pabellón Criollo* is a Venezuelan tradition. The beans and rice are arranged in stripes on the plate to resemble a tricolor flag. *Feijoada*, the national dish of Brazil, includes black beans and various types of meat and is served with rice.

In Europe: The Italians often use cannellini or borlotti beans with their rice. Spanish *Alubias con Arroz* can be made with hot peppers. In Portugal, *Feijoada Completa*, meaty black beans and rice, is considered a feast and is accompanied by many side dishes, including sautéed greens and orange slices.

In Africa: *Waakye*, small red beans and rice, is frequently eaten with fried plantains in West African Ghana. Crayfish is used as an ingredient in stewed pinto beans and rice in Cameroon—also in West Africa.

In Asia: The Japanese are partial to azuki beans, small, reddish-brown beans with a sweet flavor, and steam them with sticky rice to make a dish called *Seikhan*. *Khichuri*, split mung beans and rice, is considered comfort food in India.

Divide participants into groups to practice making Red Beans and Rice with Corn on the Cob and/or Tuscan Bean Soup.

Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)

Today, we are going to make Red Beans and Rice and/or Tuscan Bean Soup. The Red Beans and Rice is a classic southern dish. The soup celebrates Tuscany, a region in central Italy, famous for its art (Florence is the capital) and soups.

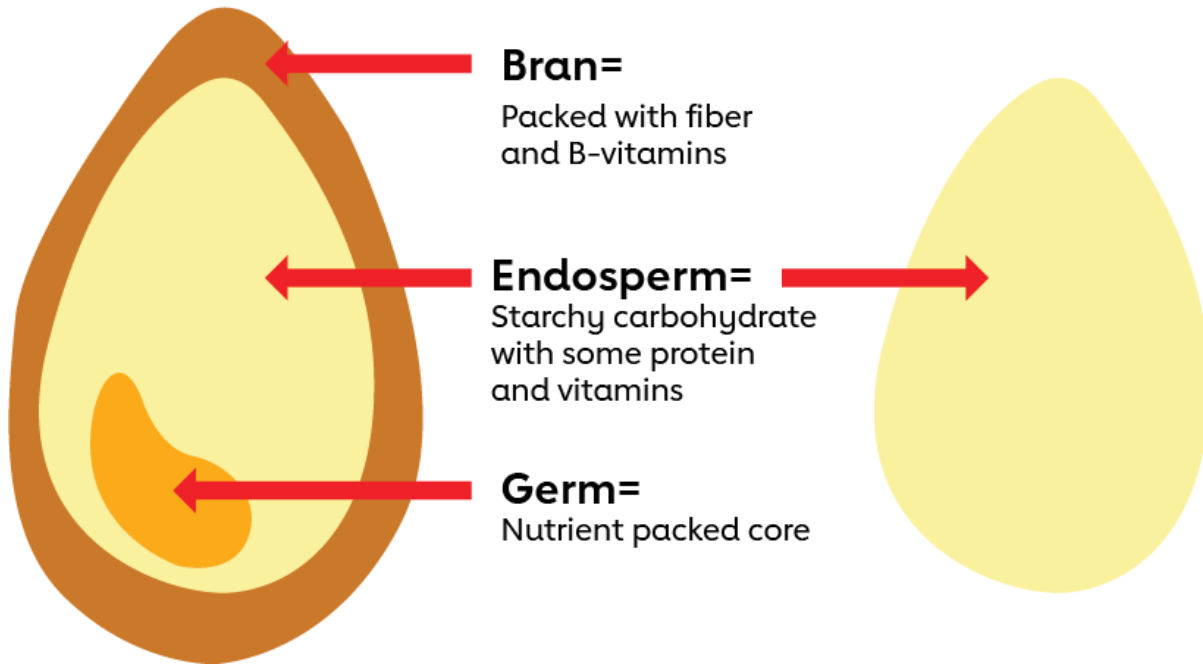
Once everyone is finished making their dish, we'll taste what we've created.

Whole Grain vs. Refined (White) Grain

Whole Grain

vs.

Refined (White) Grain



Red Beans and Rice with Corn on the Cob

Makes 8 servings; ½ cup red bean and rice mixture and ½ ear of corn per serving
Per serving: 207 Calories; 0.5 g Saturated Fat; 15 mg Sodium



INGREDIENTS

- 1 cup uncooked long-grain brown rice
- 2 teaspoons olive oil (extra virgin preferred)
- 4 medium green onions, thinly sliced, or ½ medium onion, thinly sliced
- 4 medium garlic cloves, chopped, or 2 teaspoons bottled minced garlic
- 1 ½ cups cooked red beans, cooked without salt, or 1 15.5-ounce can no-salt-added red beans, kidney beans, black beans, pinto beans, or black-eyed peas, rinsed and drained
- ½ teaspoon salt-free Cajun seasoning blend
- ¼ teaspoon pepper and pepper to taste (freshly ground preferred), divided use
- 4 large ears of corn, husks and silk discarded, halved
- Olive oil cooking spray

DIRECTIONS

1. Prepare the rice using the package directions, omitting the salt and margarine.
2. Meanwhile, in a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions for 2 minutes, or until soft, stirring occasionally. Stir in the garlic. Cook for 1 minute. Stir in the beans, Cajun seasoning, and ¼ teaspoon pepper. Cook for 3 to 5 minutes, or until heated through, stirring occasionally.
3. Stir the rice into the bean mixture.
4. Bring a large pot of water to a boil over high heat. Cook the corn, covered, for 5 minutes. Drain and rinse under cold water.
5. Transfer the corn to a baking sheet. Gently pat dry with paper towels. Lightly spray the corn with cooking spray. Sprinkle with the remaining pepper to taste. Serve the corn with the red bean and rice mixture.

Sodium-Smart Tip: If you can't find salt-free Cajun seasoning, you can make your own. Stir together ½ teaspoon each of chili powder, ground cumin, onion powder, garlic powder, paprika, and pepper, and, if you wish, ⅛ teaspoon of cayenne. (This makes just over 1 tablespoon of the blend.) Double or triple the amounts and keep the extra blend in a container with a shaker top to use in other dishes.

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Makes 6 servings; 1 cup per serving
Per serving: 100 Calories; 1.0 g Saturated Fat; 207 mg Sodium



INGREDIENTS

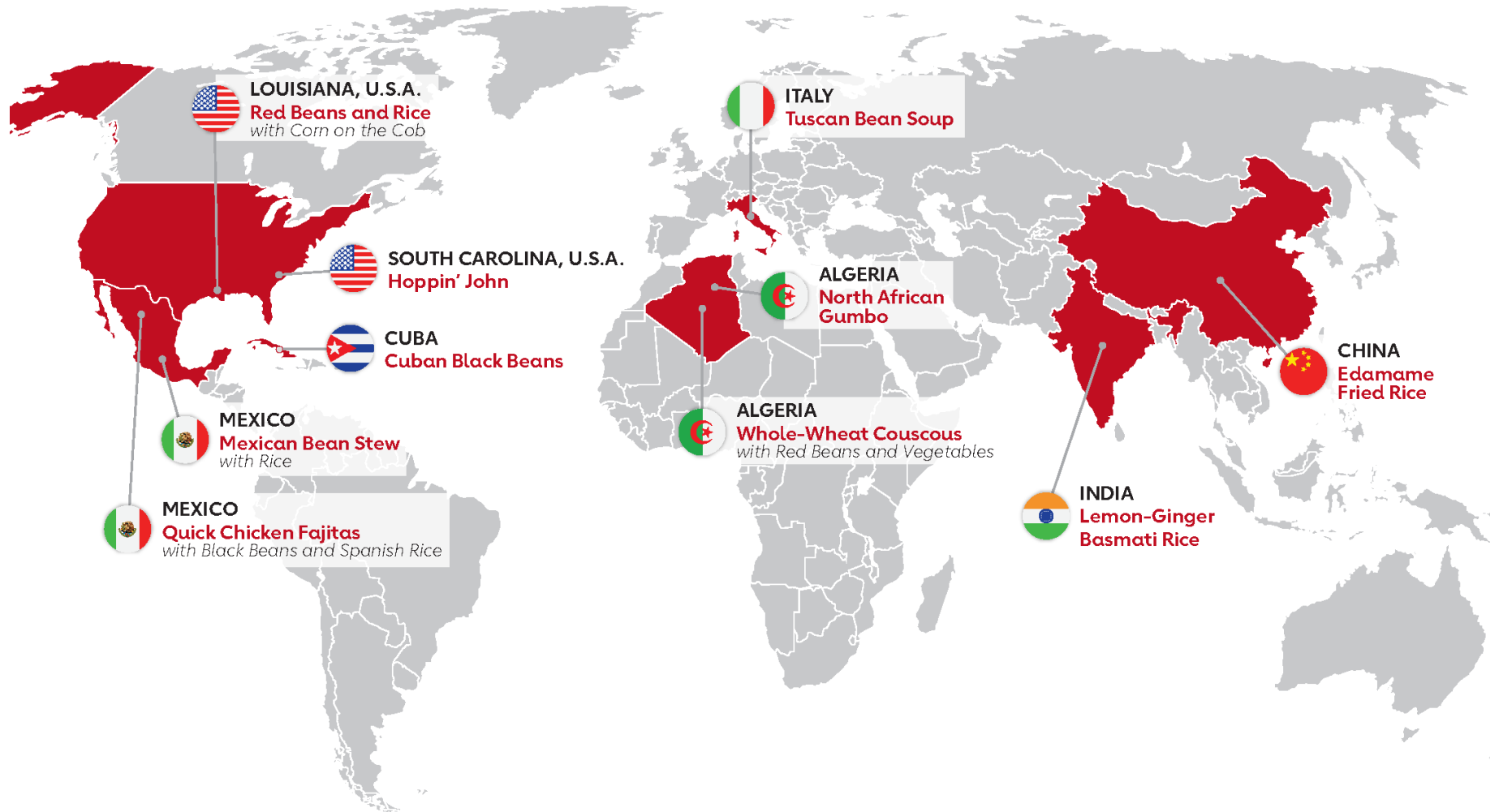
- 1 teaspoon olive oil
- ½ small red onion, chopped
- 1 medium rib of celery, chopped
- 1 medium garlic clove, minced
- 2 cups fat-free, low-sodium chicken broth
- 1 15-ounce can no-salt-added Great Northern beans, rinsed and drained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 teaspoon dried oregano, crumbled
- ½ teaspoon dried thyme, crumbled
- ¼ teaspoon crushed red pepper flakes
- 2 cups fresh spinach leaves
- ⅓ cup shredded or grated Parmesan cheese

DIRECTIONS

1. In a large saucepan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, celery, and garlic for 4 to 5 minutes, or until the onion and celery are tender.
2. Stir in the broth, beans, tomatoes with liquid, oregano, thyme, and red pepper flakes. Increase the heat to medium high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes, or until the flavors have blended.
3. Stir in the spinach. Simmer, covered, for 2 to 3 minutes, or until the spinach is wilted. Ladle into bowls. Sprinkle with the Parmesan.

Cook's Tip: Brown rice is a perfect accompaniment for this delicious bean soup. To make six servings, use 1 ½ cups uncooked brown rice. Prepare the rice using the package directions, omitting the salt and margarine. Sprinkle the cooked rice with chopped fresh basil and freshly grated Parmesan cheese to add Italian flavor.

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Beans and Rice Recipes for Globally Inspired Home Cooking

- ❑ Hoppin' John (**South Carolina, U.S.A.**)
- ❑ Cuban Black Beans (**Cuba**)
- ❑ Quick Chicken Fajitas with Black Beans and Spanish Rice (**Mexico**)
- ❑ Mexican Bean Stew with Rice (**Mexico**)
- ❑ North African Gumbo (**Algeria**)
- ❑ Whole-Wheat Couscous with Red Beans and Vegetables (**Algeria**)
- ❑ Lemon-Ginger Basmati Rice (**India**)
- ❑ Edamame Fried Rice (**China**)

Hoppin' John (South Carolina, U.S.A.)

Makes 4 servings; 1 cup per serving

Per serving: 182 Calories; 1.0 g Saturated Fat; 350 mg Sodium

INGREDIENTS

- ½ cup uncooked instant brown rice
- 1 teaspoon canola or corn oil
- 3 ounces low-fat smoked turkey sausage (lowest fat and sodium available), quartered lengthwise and cut into ¼-inch pieces
- ½ medium red bell pepper, finely chopped
- 1 medium jalapeño, seeds and ribs discarded, finely chopped (wear plastic gloves when handling)
- 1 15.5-ounce can no-salt-added black-eyed peas, rinsed and drained
- ½ cup water
- ¼ teaspoon salt

DIRECTIONS

1. Prepare the rice using the package directions, omitting the salt and margarine. Cover and set aside.
2. Meanwhile, in a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the sausage for 3 minutes, or until richly browned, stirring frequently. Stir in the bell pepper and jalapeño. Cook for 1 minute. Stir in the black-eyed peas, water, and salt. Cook for 2 minutes, or until the mixture is thickened slightly, but some liquid remains. Remove from the heat.
3. Let stand, covered, for 5 minutes so the flavors blend. Transfer the sausage mixture to a serving bowl. Stir in the rice.

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Cuban Black Beans (Cuba)

Makes 8 servings; 1 ½ cups per serving

Per serving: 305 Calories; 0.0 g Saturated Fat; 158 mg Sodium

INGREDIENTS

- 2 cups dried black beans (about 1 pound), sorted for stones and shriveled beans, rinsed, and drained
- Cooking spray
- 1 teaspoon light tub margarine
- 2 medium onions, chopped
- ½ medium rib of celery, diced
- ½ medium lemon, quartered
- 1 tablespoon chopped fresh savory or 1 teaspoon dried savory, crumbled
- 2 medium garlic cloves, minced
- 1 medium dried bay leaf
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 1 ½ cups uncooked brown rice
- 4 medium green onions, chopped (optional)
- 3 tablespoons red wine vinegar (optional)
- 2 medium oranges, sliced (optional)

DIRECTIONS

1. Soak the beans using the package directions. Drain well in a colander.
2. Lightly spray a stockpot with cooking spray. Heat the margarine over medium-high heat, swirling to coat the bottom. Cook the onions and celery for about 3 minutes, or until the onions are soft, stirring frequently.
3. Add the beans, lemon, savory, garlic, bay leaf, cumin, and salt. Add water to cover by 2 inches. Stir well. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 1 hour to 1 hour 30 minutes, or until the beans are tender. Discard the lemon and bay leaf.
4. Meanwhile, prepare the rice using the package directions, omitting the salt and margarine.
5. Spoon the rice into bowls. Spoon the beans over the rice. Sprinkle with the green onions and vinegar, or garnish with the orange slices.

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Quick Chicken Fajitas with Black Beans and Spanish Rice (Mexico)

Makes 4 servings; 2 fajitas, ½ cup beans, and ¾ cup rice per serving
Per serving: 439 Calories; 1.0 g Saturated Fat; 287 mg Sodium

INGREDIENTS

- ❑ Cooking spray

Beans and Rice

- ❑ 1 15.5-ounce can no-salt-added black beans, rinsed and drained
- ❑ 1 cup water
- ❑ ¼ teaspoon garlic powder
- ❑ ¼ teaspoon ground cumin
- ❑ 1 cup uncooked brown rice, prepared using the package directions, omitting the salt and margarine
- ❑ ¼ cup salsa (lowest sodium available)

Chicken Fajitas

- ❑ 1 pound boneless, skinless chicken breasts or tenderloins, all visible fat discarded, cut into 1-inch strips
- ❑ 1 medium bell pepper, sliced
- ❑ 1 medium onion, sliced
- ❑ 1 tablespoon soy sauce (lowest sodium available)
- ❑ ½ teaspoon pepper
- ❑ ½ teaspoon ground cumin
- ❑ 8 6-inch corn tortillas
- ❑ 1 medium avocado, sliced
- ❑ ¼ cup salsa (lowest sodium available)
- ❑ ½ cup fat-free sour cream (optional)

DIRECTIONS

1. Lightly spray a small saucepan with cooking spray. Cook the beans, water, garlic powder, and cumin over low heat for 10 minutes, or until heated through, stirring occasionally. Using the tines of a fork, lightly mash the beans. Cover and set aside.
2. In a medium bowl, stir together the cooked rice and ¼ cup salsa. Cover and set aside.
3. For the fajitas, lightly spray a large skillet with cooking spray. Heat over medium-high heat. Put the chicken in the skillet. Cook for 3 minutes, or until browned. Stir in the bell pepper, onion, soy sauce, pepper, and cumin. Cook, covered, for 8 to 10 minutes, stirring occasionally.
4. Warm the tortillas using the package directions. Transfer the tortillas to plates. Spoon the chicken mixture onto the tortillas. Top with, in order, the avocado, salsa, and sour cream. Serve the beans and rice with the chicken fajitas.

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Mexican Bean Stew with Rice (Mexico)

Makes 4 servings; 1 ¼ cups stew and ½ cup rice per serving
Per serving: 338 Calories; 1.0 g Saturated Fat; 332 mg Sodium

INGREDIENTS

- ❑ ¾ cup uncooked brown rice
- ❑ Cooking spray
- ❑ 1 ½ medium green bell peppers, finely chopped
- ❑ 1 large onion, finely chopped
- ❑ 1 ½ cups water
- ❑ ¾ cup fat-free, low-sodium vegetable broth
- ❑ 2 teaspoons chili powder, or to taste
- ❑ ¾ teaspoon ground cumin, or to taste
- ❑ ½ 15-ounce can no-salt-added navy beans, rinsed and drained
- ❑ ½ 15-ounce can no-salt-added black beans, rinsed and drained
- ❑ ½ 15-ounce can no-salt-added dark red kidney beans, rinsed and drained
- ❑ 1 medium tomato, diced
- ❑ 1 tablespoon plus 1 ½ teaspoons olive oil (extra virgin preferred)
- ❑ ½ teaspoon salt
- ❑ ½ teaspoon sugar
- ❑ 2 tablespoons chopped fresh cilantro
- ❑ Lime wedges

DIRECTIONS

1. Prepare the rice using the package directions, omitting the salt and margarine. Set aside.
2. Meanwhile, lightly spray a Dutch oven or large soup pot with cooking spray. Heat over medium-high heat. Cook the bell peppers and onion for 4 minutes, or until the onion is very soft, stirring frequently. Stir in the water, broth, chili powder, and cumin. Bring to a boil. Reduce the heat and simmer, covered, for 10 minutes, or until the bell peppers are soft. Stir in the beans and tomato. Cook, covered, for 3 minutes, or until heated through. Remove from the heat.
3. Stir in the oil, salt, and sugar. To serve, stir the cilantro into the rice. Spoon the rice mixture into the center of soup bowls. Ladle the stew around the rice. Serve with the lime wedges.

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North African Gumbo (Algeria)

Makes 6 servings; 1 ½ cups per serving
Per serving: 340 Calories; 1.0 g Saturated Fat; 400 mg Sodium

INGREDIENTS

- ❑ 1 tablespoon canola or corn oil
- ❑ ½ cup diced yellow onion
- ❑ 2 15.5-ounce cans no-salt-added chickpeas, rinsed and drained, or 3 ½ cups cooked chickpeas
- ❑ 1 cup diced raw peeled sweet potato
- ❑ 8 ounces collard greens, tough stems discarded, chopped
- ❑ ½ cup salsa (lowest sodium available)
- ❑ 4 ounces fat-free, low-sodium vegetable broth
- ❑ ½ teaspoon salt
- ❑ ½ teaspoon pepper
- ❑ ¼ teaspoon paprika
- ❑ ¼ teaspoon ground cinnamon
- ❑ ¼ teaspoon ground ginger
- ❑ ¼ teaspoon ground cumin
- ❑ ¼ teaspoon dried thyme, crumbled
- ❑ 3 cups cooked brown rice, prepared using the package directions, omitting the salt and margarine

DIRECTIONS

1. In a large pot, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until soft, stirring frequently. Don't let the onion brown. Stir in the remaining ingredients except the rice. If the stew is too thick, add more broth or water. Simmer, covered, for 30 to 45 minutes, or until the gumbo has thickened and the sweet potatoes are soft and cooked through, stirring frequently to make sure the stew doesn't stick to the bottom of the pot.
2. When the stew is cooked, adjust the seasonings to taste. Add water if needed so the stew is the desired consistency. For each serving, ladle the stew over ½ cup of the rice.

Cook's Tip: If no-salt-added chickpeas aren't available, rinse and drain the regular kind to remove excess sodium.

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Whole-Wheat Couscous with Red Beans and Vegetables (Algeria)

Makes 6 servings; 1 cup vegetables and ¾ cup couscous per serving
Per serving: 330 Calories; 0.5 g Saturated Fat; 241 mg Sodium

INGREDIENTS

- ❑ 2 teaspoons olive oil
- ❑ 1 medium onion, chopped
- ❑ 1 small red bell pepper, cut lengthwise into 2 x ¼-inch strips
- ❑ 1 small zucchini, halved lengthwise and cut diagonally into thin slices
- ❑ 1 medium carrot, cut diagonally into thin slices
- ❑ 1 medium rib of celery, cut crosswise into thin slices
- ❑ 1 teaspoon minced garlic
- ❑ 2 15.5-ounce cans no-salt-added dark red kidney beans, rinsed and drained
- ❑ 1 cup fat-free, low-sodium vegetable broth
- ❑ 1 small sweet potato, peeled and cut into 1-inch cubes
- ❑ 1 large tomato, diced
- ❑ 1 teaspoon dried thyme, crumbled
- ❑ 1 teaspoon ground cumin
- ❑ ½ teaspoon paprika
- ❑ ½ teaspoon salt
- ❑ ⅛ teaspoon cayenne
- ❑ 1 cup uncooked whole-wheat couscous
- ❑ ¼ cup minced fresh parsley

DIRECTIONS

1. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, bell pepper, zucchini, carrot, and celery for 5 minutes, stirring frequently. Stir in the garlic. Cook for 30 seconds, stirring occasionally.
2. Stir in the beans, broth, sweet potato, tomato, thyme, cumin, paprika, salt, and cayenne. Increase the heat to high and bring to a boil. Reduce the heat to low. Cook, covered, for 12 to 15 minutes, or until the vegetables are tender.
3. Meanwhile, prepare the couscous using the package directions, omitting the salt. Fluff with a fork. Transfer the couscous to serving plates. Spoon the vegetable mixture over the couscous. Sprinkle each serving with the parsley.

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Lemon-Ginger Basmati Rice (India)

Makes 6 servings; ½ cup per serving
Per serving: 204 Calories; 0.5 g Saturated Fat; 237 mg Sodium

INGREDIENTS

- ❑ 1 tablespoon canola or corn oil
- ❑ ¼ cup diced yellow onion
- ❑ 1 medium garlic clove, minced
- ❑ 1 ½ cups fat-free, low-sodium vegetable broth
- ❑ ½ cup water
- ❑ 1 tablespoon grated peeled gingerroot or ¼ teaspoon ground ginger
- ❑ ½ teaspoon salt
- ❑ ½ teaspoon ground turmeric
- ❑ 1 ½ cups uncooked brown basmati rice
- ❑ 2 ½ tablespoons fresh lemon juice

DIRECTIONS

1. In a stockpot, heat the oil over medium-high heat, swirling to coat the bottom. Stir in the onion and garlic. Cook for 3 to 5 minutes, or until the onion is very soft, stirring frequently.
2. Pour in the broth and water. Stir in the gingerroot, salt, and turmeric. Bring to a boil.
3. Stir in the rice. Return to a boil. Reduce the heat and simmer, covered, for about 18 to 20 minutes, or until the rice is tender and the liquid is absorbed. Remove from the heat.
4. Let stand for 5 minutes. Stir in the lemon juice. Fluff with a fork before serving.

Cook's Tip: Serve the rice with beans or your favorite bean recipe. Why add beans? Rice and beans are both nutritious yet inexpensive foods. When combined, rice and beans form a complete protein. There are eight essential amino acids that your body must obtain from food. The pairing of rice and beans provides all these amino acids.

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Edamame Fried Rice (China)

Makes 4 servings; 1 ¼ cups per serving
Per serving: 131 Calories; 0.5 g Saturated Fat; 334 mg Sodium

INGREDIENTS

- ❑ ½ cup uncooked brown rice
- ❑ 1 teaspoon toasted sesame oil
- ❑ 1 medium garlic clove, minced
- ❑ ⅔ cup egg substitute
- ❑ 1 ½ cups frozen shelled edamame, thawed
- ❑ ½ cup slivered red bell pepper
- ❑ ½ cup shredded carrot
- ❑ ½ cup water
- ❑ 1 tablespoon soy sauce (lowest sodium available)
- ❑ ¼ cup sliced green onions
- ❑ 1 tablespoon chopped fresh cilantro

DIRECTIONS

1. Prepare the rice using the package directions, omitting the salt and margarine. Set aside.
2. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the garlic for 1 minute, stirring frequently. Pour in the egg substitute. Cook for 2 to 3 minutes, or until the egg mixture is no longer wet, stirring constantly. Transfer the mixture to a cutting board and coarsely chop. Set aside.
3. Wipe the skillet with paper towels. Put the edamame, bell pepper, carrot, and water in the skillet. Stir together. Cook over medium-high heat for 5 to 6 minutes, or until the vegetables are tender and the water has almost evaporated, stirring occasionally.
4. Stir in the rice and soy sauce. Cook for 2 to 3 minutes, or until heated through, stirring frequently. Stir in the chopped egg substitute mixture, green onions, and cilantro.

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
