

beans

Why eat beans?

Beans are an extremely beneficial component in all diets because they are high in complex carbohydrates, protein and dietary fibre, low in fat, calories and sodium, and completely cholesterol-free. Beans are also a good source of calcium and folate.

In addition to health benefits related to heart disease and cancer, studies also suggest that eating beans as part of a healthy diet may help to manage diabetes and help cut the risk of high blood pressure and stroke.

As well as adding nutritional value to a meal, beans also add a variety of colours, textures and flavours to your plate. As there are so many bean varieties available, each with its own unique characteristics, beans are a versatile ingredient that can be used in virtually any type of cooking. Some types of beans on the SureSlim programs include: **Adzuki beans, Black eye beans, Butter beans, Haricot beans, Lentils, Pinto beans, Split peas, Lima beans and Kidney Beans.**

Kidney Bean Salad

Ingredients

Tin of white kidney beans
Pinch of salt
Stalk of sage (optional)
Onion (thinly sliced)
Bunch of fresh parsley, finely chopped
1 tablespoon extra virgin cold pressed olive oil
Black pepper
Lemon juice
Apple cider vinegar

Preparation:

1. Soak the beans in water overnight.
2. Strain and cook in salt water until they soften (for an extra special touch, add a stalk of sage to the water), then strain, and cool.
3. Add the onion and parsley, season with oil, black pepper, salt, lemon juice, and apple cider vinegar.
4. Serve with a tasty green salad as an accompaniment to your meal.

* As quantities are not specified, use the recommended allowances as per your program.

