

Beans

Pantry Picks

Iowa State University Extension's Spend Smart. Eat Smart. offers suggestions for using foods that are readily available. One of these foods is beans. Beans are a good source of fiber, protein and iron. Learn how to cook dry beans and try out a new recipe at <https://spendsmart.extension.iastate.edu/pantry-picks/beans/>.



Yoga App

Many people enjoy yoga as part of their physical activity routine. If you're looking to relieve stress and improve flexibility and balance, consider yoga. This free app from www.smilingmind.com can help you get started.



Fuel
your
fun
Eat fruits
and veggies.



Pick a **better snack™** students are tasting beans this month — like chickpeas, black beans or edamame. This recipe is kid-approved by the students in the Cedar Rapids School District and was recently added to their menu.



Black Beans and Rice

Ingredients

- ◆ 2 tbsp. olive oil
- ◆ 1 medium onion, chopped
- ◆ 1 green bell pepper, chopped
- ◆ ¾ cup instant brown rice, uncooked
- ◆ 1 ¼ cup water
- ◆ 2 cans (30 oz.) black beans, drained and rinsed
- ◆ 16 oz. salsa
- ◆ ¼ teaspoon garlic powder
- ◆ ⅓ teaspoon salt
- ◆ 1 tsp. distilled white vinegar

Directions

- 1** Heat olive oil in a large skillet over medium heat. Add onion and peppers. Cook for 5 minutes.
- 2** Add rice and water.
- 3** Cover. Simmer over low heat for about 10-15 minutes to cook rice, or until water is absorbed.
- 4** Add beans, salsa, garlic powder, salt and vinegar. Heat for 5 minutes.



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. Pick a **better snack™** was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. Created August 2019.

Pick a **better snack™**

