



MyPlate suggests  
making half your plate  
fruits and vegetables.

<http://www.choosemyplate.gov/>

# Black Beans

Did you know?

Black beans are available all year long!

Black beans are an excellent source of magnesium, a mineral lacking in most adult diets!

Black beans are high in protein and serve as a valuable part of a vegetarian or vegan diet.

## Fun Fact!

Beans can be divided into two main groups: those with edible pods and those with edible seeds!

## FIGHTBAC!

**Clean:** Wash hands  
and Surfaces Often

**Separate:** Don't  
Cross-Contaminate

**Cook:** Cook to Proper  
Temperatures

**Chill:** Refrigerate  
Promptly

<http://www.fightbac.org/>

## What am I looking for?

- Look for beans with bright pods that are firm and plump.
- Dried beans shouldn't be kept for more than a year.
- Wash beans well before use.
- Avoid beans with tough pods or pods that are flimsy.

## Black Bean Bagel Bites

1 cup cooked black beans, mashed  
1/4 teaspoon cumin  
1/4 teaspoon garlic powder  
8 100% whole wheat mini bagels  
1 cup canned corn, drained  
1 cup fat-free mozzarella cheese, shredded  
1/2 head lettuce, chopped  
1 large tomato, diced

Wash your hands and clean your cooking area. In a skillet or microwave, combine beans, cumin, and garlic powder. Mash thoroughly and heat on low for 1 minute. Spread 1 tablespoon of beans onto half of mini bagel. Layer bagel with corn, cheese, lettuce, and tomato. Serve immediately or cover and store in the refrigerator.

Preparation Time: 15 minutes

Cook Time: 5 minutes

Serves: 16

### Nutrition Facts:

Calories: 100

Total Fat: 0.5 g

Cholesterol: 5 mg

Sodium: 310 mg

Total Carbohydrate: 17 g

Protein: 8 g

<http://healthyliving.tamu.edu/recipes>

---

Fill the plate below with drawings of your favorite fruits and vegetables.

