



Have You Heard?

By Doris Thomas
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Home Economist

Beans belong in today's diet. They are among the lowest-cost sources of protein and contain iron, B vitamins, fiber, and very little fat.

Americans rely heavily on meats to plan meals. But beans can be a cost-saving and healthy alternative.

Vegetable sources of protein like dry beans, peas, and lentils have an advantage over animal sources of protein because they are very low in fat.

Too much fat in the diet has been linked to health problems like obesity and heart disease. Overall fat consumption has risen 24 percent since the beginning of the century and now approximately 40 percent of our total calories come from fat.

Some people may think that beans are a poorer source of protein than meat. Beans don't have sufficient amounts of the essential amino acids which make up proteins. But combining beans with grains can make their protein value equal to meat.

Creative use of beans not only stretches the food dollar without sacrificing protein, but also opens up a wide range of new eating experiences. Some powerful pairs include split pea soup and cornbread sticks, pickled corn and kid-

ney bean salad, baked beans and steamed brown bread, and navy bean soup with bran muffins.

Canned kidney beans, garbanzo beans, Great Northern beans and other legumes are convenient to use. Preparing dishes using dried beans, however, doesn't require a lot of time or skill and it can be less expensive. Dried beans must be soaked to replace the water lost in drying. Allow 4 cups of water for each cup of beans. Cover and let the beans soak overnight or bring the water and beans to a boil, cook 2 minutes, cover, remove from heat, and let stand 1 hour.

Most beans require 1 1/4 to 2 hours of gentle boiling to soften. A pressure cooker can cut the cooking time to 3 to 10 minutes. Avoid filling the cooker more than one-third full of beans and water because the beans will expand and foam could clog the vent.

One cup of dried beans equals two cups of cooked beans. Many bean recipes make several servings, so if you're cooking for one or two people, cut the recipe in half or plan to freeze some of the excess. Beans make rich soups and chowders. Any variety of beans cooked with or without other vegetables in plenty of liquid, and seasoned the way you like, will make a nourish-

ing meal-in-a-bowl soup. Or stretch and enriched canned or homemade vegetable soup by adding cooked beans, plus more liquid if needed. If you do not have a favorite bean soup recipe, try the following recipe for a start.

Six Bean Soup

- 1/4 cup each: baby limas, small whites, blackeyes, garbanzos, pinks and light red kidney beans.
- 1 teaspoon salt
- 1 cup chopped onion
- 1 cup chopped celery

- 1 clove garlic, crushed and minced
- 2 tablespoons butter or margarine
- 2 envelopes (2 oz. each) chicken noodle soup
- 1 cup chopped carrot
- 1/2 cup chopped green pepper
- 1/2 cup minced parsley
- 1/2 teaspoon fine herbs
- 1 cup fresh or canned tomatoes, chopped
- Grated Parmesan cheese

Sort, rinse and soak beans. To maintain color integrity, soak white and colored beans separately. Drain. Cook onion, celery, carrot, green pepper, parsley and garlic in butter or margarine until soft. Combine cooked vegetables with soup mix, 2 quarts water, fine herbs and soaked beans. Simmer, covered about 1 hour to desired tenderness. Add tomatoes. Serve hot, sprinkled with Parmesan cheese. Makes 1 gallon.

Fest Seeks Muffin Mania Contestants

KIRTLAND, Ohio — Lake Farmpark in Kirtland invited bakers of all ages to participate in the Muffin Mania contest to be held in connection with its Food and Fitness Fest on March 21 and 22 from 11 a.m. to 5 p.m., in celebration of National Nutrition Month.

Muffins will be judged on taste, appearance, texture, and consistency. Contest categories are: best muffin, best colossal muffin, men's muffins, kids' muffins (ages 12 and younger) and best muffin with a recipe that meets the U.S. Dietary Guidelines. For a copy of the guidelines, call Lake Farmpark nutrition consultant Laura Tradowsky at 256-2122 or 1-800-366-FARM.

Muffins should be brought to Lake Farmpark on Saturday, March 21 before 12:30 p.m. Food and Fitness Fest attendees who participate in the Muffin Mania contest by bringing 6 muffins (or 4 colossal muffins) and the printed recipe are admitted free to Lake Farmpark. Judging will begin at 1 p.m. and awards will be given at 3 p.m.

Recipes may be used in future

Lake Farmpark promotions. Muffin recipes should include contestant's name and community.

Lake Farmpark admission is: adults - \$3.50, seniors and youth ages six to 18 - \$3, children five and younger - \$free, and pre-arranged groups of 10 people or more - \$2 each person. Admission includes Food and Fitness activities plus Lake Farmpark's every-

day offerings including a 235-acre educational/recreational center with agricultural exhibits, interactive computers, field work, power and dairy demonstrations, a hay maze for kids, and wagon rides.

Lake Farmpark is located just 10 minutes from the Great Lakes Mall. Take I-90 to Rt. 306 south to Rt. 6 (Chardon Road) east for one mile to Lake Farmpark.

Processed Apple Products

HARRISBURG (Dauphin Co.) — Apple growers from four states plan to expand national retail promotion during April and May to increase sales of processed apple products.

Now in its second year, the "24 count GOLD" retail display promotion is sponsored by the Michigan Apple Committee, the Pennsylvania Apple Marketing Board, the Virginia Apple Grow-

ers Association and the Western New York Apple Growers Association.

The unique sales promotion offers \$9,000 in cash prizes to retailers that develop creative product displays supported by advertising and merchandising tie-ins to promote the sale of apple sauce, juice, slices, pie filling, baked apples and baked goods with apples.

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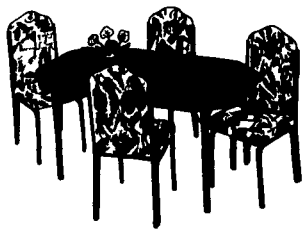
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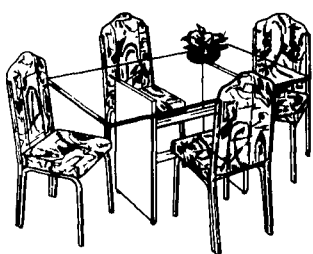
5 PIECE DINING ROOM

This very sharp set features a beveled glass table top



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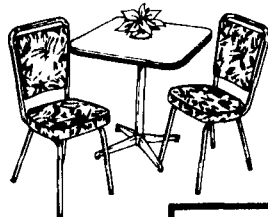
Sophisticated set in Almond or Black has beveled glass table top.

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3 PIECE DINETTE



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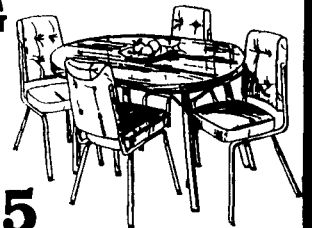
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Oval Table With 4 chairs Reg. Ret. \$429.95

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