

# RECIPE for health

JANUARY 2008

In partnership with Health4U and University Housing

Featured Food:

## BLACK BEANS



Black (turtle) beans are aptly named. These beans and the liquid they cook in are jet black. They have a rich, earthy flavor and a soft texture that is firm enough to hold up in cooking. Like other pulses (seeds of legumes), they contain a lot of protein made complete by the addition of a grain such as rice, wheat, or corn.

The fiber content in beans, while good for your health, can be gas producing. In social situations, this is a trait that is less than desirable. To minimize gas from eating beans:

- **Don't eat them.** This option is effective but you miss out on the great nutrients that beans provide, not to speak of their unique flavors and textures that enhance so many recipes.
- **Presoak** dried beans, drain, and use fresh water for cooking. These steps reduce the raffinose (hard-to-digest fiber). With canned beans, drain off the liquid and rinse before adding the beans to your recipe.
- **Eat beans more often.** By eating beans more often, the body increases production of the enzymes needed to digest fiber more completely. Better digestion, less gas!
- **Take alpha-galactosidase** (commercially available as Beano) before the meal to introduce those important enzymes.
- **Choose a bean that is not as gassy.** Find a list at <http://waltonfeed.com/self/beans.html>
- **Try home remedies.** There is any number of old wives' tales that have worked for someone at some time. Use common sense and experiment to see what works for you.

Black beans have great flavor of their own. Fat, salt, and herbs make them savory. Add salt and seasoning after the beans have cooked. Don't skimp on the fat as it carries the flavor of the food and gives you a fed feeling long after the meal is over.

## Vegetable and Black Bean Burrito

*from the kitchens of the MSU Residence Halls*  
Serves 8

- 1 c sliced onions
- 1 c matchstick carrots
- 1 c sliced red peppers
- 8 oz. package mushrooms, sliced
- 1 t minced garlic
- 1 T canola oil
- ½ t cumin
- ¼ c chopped fresh cilantro
- ½ c tomato salsa
- 1 – 15 oz. can black beans, drained
- 2 c frozen corn, thawed and drained
- 8 each burrito-size whole wheat tortillas
- Enchilada sauce or more salsa
- Shredded cheese – optional

Prepare fresh vegetables as directed. Heat oil in pan. Add onions, carrots, red peppers, mushrooms, and garlic. Saute until tender. Add beans, corn, cumin, cilantro, and salsa. Mix together and cook until heated through. Place 1/2-2/3 cup of mixture on a tortilla. Roll up to make a burrito. Serve as is with salsa, or topped with enchilada sauce and cheese.

Vegetable and Black Bean Burrito will be served in Yakeley, Wilson, Wonders, Holmes, Shaw, and Hubbard on Wednesday, January 16 at lunch and in Brody, Case, McDonel, Holden, Akers, Landon, and The Gallery on Wednesday, January 23 at lunch. Once you try this delectable dish, you'll want to make it at home! Enjoy. For meal hours and complete menus, visit [eatatstate.com](http://eatatstate.com).

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