

RECIPE for health

FEBRUARY 2009 In partnership with Health4U and University Housing

Featured Food:

BEANS



Contrary to the familiar rhyme we all loved in high school, beans are not a fruit. For the record, let's clear up another little inaccuracy in that jingle — in truth, the more often you eat beans, the less you'll toot! Yes, a physiological adaptation occurs when you eat beans regularly, allowing you to better digest the carbohydrates. So eat beans often. They are an inexpensive source of protein, rich in nutritional value, and they're also grown in [Michigan](#).

Canned beans are a good buy and nutritionally equal to those we cook from scratch. However, a bag of dry beans is downright cheap and takes very little hands-on time to prepare. Three steps will help you prepare beans in your own kitchen:

Step 1: Sorting — Spread beans on a flat surface. Pick out damaged beans, stones or other foreign matter.

Step 2: Soaking — (skip this step for lentils, split peas and black-eyed peas) — Put one pound of beans and 10 cups of water in a large pot. Cover and refrigerate overnight. In the morning, use a colander to drain the beans.

Step 3: Cooking — Rinse until water runs clear. Put the beans in the pot. Cover with three times their volume of water. If desired, add herbs and spices now; but wait to add salt and acidic ingredients (as they increase cooking time) until the beans are tender. Bring to a boil, reduce heat to a simmer, gently cover and cook until just tender. Most beans will cook in 45 minutes to one and one half hours. Drain and use in a recipe, or drain and cool, then freeze in one to two cup packages.

Bean Counting

- 1 pound (2 to 3 cups) dry beans = 6 to 9 cups cooked beans
- 1 - 15 oz. can beans, drained = 1 ½ cups cooked beans
- Cooking beans requires a 1 to 3 ratio (1 cup soaked beans to 3 cups water)

Sausage Ziti and Cannellini Beans

from the kitchen of University Housing Dining Services
Serves 8 – 10

- 2 cups ziti noodles
- 8 ounces zesty hot sausage
- 8 ounces bulk sausage
- 1/3 cup onions, diced
- 2 Tablespoons garlic, minced
- 1 - 28 oz. can crushed tomatoes
- 1 - 14 oz. can diced tomatoes
- 1 - 15 oz. can cannellini beans, drained
- 2 Tablespoons dried basil
- 2 teaspoons dried oregano
- 1–2 teaspoons salt
- ¼ cup parmesan cheese, grated or shredded
- ½ cup mozzarella cheese, shredded
- fresh parsley, chopped

Boil water for ziti, and cook until al dente. Drain and hold until needed. Brown sausage in a sauté pan. Drain fat. Add onions and garlic. Cook until onions are softened. Stir in crushed tomatoes, diced tomatoes, beans, basil and oregano. Bring mixture to a low boil and simmer for 10 minutes. Add salt to taste. Add noodles and allow to heat through. Combine cheeses and sprinkle on top. Garnish with fresh parsley before serving.

Sausage Ziti and Cannellini Beans will be featured in the MSU Residence Hall Dining Rooms at lunch on February 19 in Shaw, Yakeley, Wonders, Wilson, Holmes and The Gallery. Once you try this delectable dish, you'll want to make it at home! Enjoy. Visit www.eatatstate.com for meal hours and complete menus.

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