

BAJA BEAN DIP

Serves 12

2 cans (about 15 ounces each) low-sodium tomatoes, drained and chopped

1 can (about 15 ounces) low-sodium refried beans, no fat

1 can (about 15 ounces) low-sodium corn, drained

2 tablespoons chili powder

2 cups low-fat cheddar cheese, shredded

1. Preheat oven to 350 degrees F.
2. In a skillet, combine 1 cup tomatoes, refried beans, ½ can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
3. Spoon into 8x8-inch baking dish. Top with remaining corn and tomatoes and sprinkle with cheese.
4. Bake 5 to 10 minutes, or until cheese is melted. Serve warm with tortilla chips.



References:

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HELPFUL HINTS TO FILL YOUR BASKET

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PHYSICAL ACTIVITY

Physical activity is any movement of your muscles that uses more energy than when resting. The Department of Health and Human Services describes physical activity as any movement of the body that enhances your health. Physical activity that is structured or planned is **exercise**. Yoga and weight lifting are examples of exercise.

4 Main Types of Physical Activity

1. **Aerobic.** Aerobic activity is moving your large muscles. It makes your heart beat faster & you breathe harder than normal. It is also called **endurance activity**. It is the most beneficial type to your heart & lungs. Examples are swimming, dancing, bicycling, running, & walking.
2. **Muscle-strengthening.** It improves the endurance & strength of your muscles. Examples are gardening, weight lifting, & climbing stairs.
3. **Bone –strengthening.** These activities allow your arms, legs, or feet to support the weight of your body while your muscles push against your bones. Examples are walking, lifting weights, running, or jumping rope.
4. **Stretching.** This helps improve balance & flexibility. Examples are Yoga, side stretches, & touching your toes.

Three Bean Soup

Serves 12

Source: Produce for Better Health

1 can (28 oz) tomatoes, cut up, low sodium
3 cup water
1 tsp chili powder
1 can (15 oz) kidney beans, drained
1 can (15 oz) black eyed peas, drained
1 can (15 oz) garbanzo beans, drained
1 can (15 oz) whole kernel corn, drained
1 cup carrots, chopped
1 onion, medium, chopped
1½ tsp garlic, chopped
1 can (6 oz) tomato paste
1 Tbsp Dijon mustard
½ tsp pepper
½ tsp cumin, ground
1 tsp oregano, dried
1 tsp basil, dried
1 cup zucchini or celery, chopped

1. Combine first 13 ingredients.
2. Bring to a boil. Reduce heat and simmer, covered for 10 minutes.
3. Stir in vegetables and simmer, covered for 10 minutes more.

Bean Math

One 15-ounce can of beans = one and one-half cups cooked beans, drained.

One pound dry beans = six cups cooked beans, drained.

One pound dry beans = two cups dry beans.

One cup dry beans = three cups cooked beans, drained.



Bean Facts

Black eyed peas have a creamy texture & require no pre-soaking. It is a type of pea that originated from Africa.

Dark red kidney beans are deep red in color with a distinctive kidney shape. They are produced mainly in the Northern United States.

Garbanzo beans originated in the Middle East & are the most widely consumed legume in the world. They have a flavor similar to a walnut or chestnut.