

## CSFP Newsletter – Fall 2021

*Nutrition Information, Recipes and Resources for Minnesota Seniors*

### Get the Pulse on Beans

Pulses are the edible seeds of plants in the legume family. Lentils, packaged dried and canned beans are all forms of pulses that are found in the CSFP food package.

The word “pulse” is from the Latin word *puls*, which means “thick soup”.

### Protein and a Vegetable

Pulses are so nutrient rich, they are one of the few foods to be categorized as **both** a vegetable and a protein by the USDA. They are rich in nutrients including fiber, protein, folate, potassium and iron.

### Benefits of Pulses

Regular consumption of beans and lentils has had positive outcomes for those with diabetes and other chronic diseases. The fiber in beans slows down the absorption of carbohydrates for better blood sugar control and reductions in blood sugar.

Beans are linked to lower blood lipids, lowering high blood pressure and body weight. A ¼ cup of cooked lentils provides 11g of fiber, 44% of the required daily value.



### Did You Know?

Canned foods are packed at their height of harvest and at nutrient peak. As fresh foods age, they lose some of their valuable nutrients. Canneries are located close to the point of harvest, and few, if any, nutrients are lost in transit.



### Days to Celebrate!

#### September

3<sup>rd</sup> – National Food Bank Day

13<sup>th</sup> – National Grandparent’s Day

27<sup>th</sup> – National Family Day

#### October

12<sup>th</sup> – National Farmer’s Day

24<sup>th</sup> – National Food Day

26<sup>th</sup> - National Pumpkin Day

#### November

3<sup>rd</sup> – National Sandwich Day

11<sup>th</sup> – Veteran’s Day

15<sup>th</sup> – America Recycles Day!

25<sup>th</sup> – Thanksgiving Day

## Recipe of the Season

### Black Bean and Chicken Chili



- 2 Tbsp. cooking oil
- 1 clove garlic, chopped
- 1 large onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 2 (15 oz.) CSFP cans black beans or kidney beans, drained and rinsed
- 2 (15 oz.) cans CSFP diced tomatoes
- 1 can of CSFP chicken (shred)
- 1 (15 oz.) can CSFP corn, drained
- 2 cups chicken broth or water
- 3 Tbsp. chili powder,
- 2 Tbsp. cumin
- 1 Tbsp. black pepper
- 1 (8 oz.) can tomato paste
- Salt (to taste)

#### How to Make It:

- Add oil to a large pot over medium heat.
- Add garlic, onion, peppers
- Sauté for 2–3 min.
- Stir in black beans and tomatoes. Cook 5 minutes.
- Add chicken, corn, broth, chili powder, cumin, black pepper, and tomato paste. Bring to a boil, then reduce to a simmer for 10 minutes, or until fragrant.
- Salt to taste. Divide into bowls and serve.

*Sources: Fiberfacts.org; USAPulses.org; Pulses Publication: Retail Dietitian Toolkit: State of Idaho Specialty Crop Block Grant; US News & World Report*

#### What Do All Those Dates Mean on Canned Foods?

One of the most frequently asked questions of our CSFP clientele is the canned foods' shelf life and the "use by" and other freshness dates.

Canned foods have a shelf life of approximately two (2) years from date of purchase. Proper canned food storage ensures the food is safe, fresh and full of its naturally occurring nutrients.

These descriptions will help with storing food safely and decide what to keep or toss.

**"Best if Use By"** How long a food will be fresh and at top quality. The food will still be safe to eat, but not at peak quality.

**"Sell by Date"** The last day a food should be sold at the grocery store, such as cheese, milk or yogurt.

**"Expiration Date"** This is the last day a food should be eaten and may not be safe to eat after the date has passed. This wording will not appear on any canned foods.

*Source: CannedFoodAlliance.org, Shelf life, storage and Can Codes.*

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