ALL ABOUT
Legumes

WHAT ARE LEGUMES?
A class of vegetables that includes beans, peas, and lentils.

WHY IS IT GOOD TO EAT LEGUMES?
• Legumes are typically low in fat, contain no cholesterol, and are high in folate, potassium, iron, and magnesium.
• Legumes also contain healthy fats and loads of fiber.
• Legumes can be a good source of protein and can be a heart-healthy substitute for meat.

EAT MORE LEGUMES!

TYPES OF LEGUMES
• Adzuki beans (also known as field peas or red beans): Soups, sweet bean paste, and Japanese and Chinese dishes
• Anasazi beans: Soups and Southwestern dishes; can be used in recipes that call for pinto beans
• Black-eyed peas (also known as cowpeas): Salads, casseroles, fritters and Southern dishes
• Edamame: Snacks, salads, casseroles and rice dishes
• Fava beans (also known as broad beans): Stews and side dishes
• Garbanzo beans (also known as chickpeas): Casseroles, hummus, minestrone soup, and Spanish and Indian dishes
• Lentils: Soups, stews, salads, side dishes and Indian dishes
• Soy nuts: Snack or garnish for salads

Adapted from: https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/legumes/art-20044278