

Consider that powerhouse of nutrition, the bean



LOIS THIELEKE

Beans are back! Beans are a powerhouse of nutritional value. They are loaded with protein, fiber, vitamins and minerals and low in fat. Recent research has found that water-soluble fiber like that found in beans can lower blood cholesterol and possibly decrease the risk of heart disease. Beans help control diabetes by slowing the amount of glucose (sugar) that is absorbed in the bloodstream. Eating a serving of beans for dinner may stave off the hunger for late night snacks.

A cup of pinto or black beans has 16 grams of fiber. You'll have to eat eight slices of whole wheat bread, or four cups of corn, or five

bananas or 4 1/2 baked potatoes to get an equal amount of fiber. A cup of any cooked beans will provide at least half of the recommended amount of folic acid and B vitamins.

Beans also contain magnesium, potassium, zinc, and phosphorus. Beans are a plant food so contain no cholesterol and contain only 24 calories per cup, less calories than three ounces of cooked meat.

If you are now to eating beans, start with a small amount and increase gradually or you may have problems with gas. Eating cabbage or Brussels sprouts with beans can also add to your stomach discomfort. Lentils, black-eyed peas, lima beans, chickpeas and white beans are thought to be less gassy. Don't cook the beans in the same water in which you have soaked them. That water contains the sugar from the beans. Cook the beans thoroughly,

that will make the starches more digestible.

Dry edible beans have been a staple in man's diet since the Bronze Age. In the 17th century it was thought that beans possessed magical powers and were used to cure everything from colds to baldness. Michigan is the largest bean producing state, growing about 40 percent of the total United States bean crop. Michigan produces navy, black turtles, cranberry, great northern, kidney, pinto and yellow eye beans.

Navy beans, are small white ovals and used in soups, stew, Boston baked beans and make a great puree. Black turtles are a medium black-skinned oval used in Mexican and Latin American foods.

Cranberry beans are medium ovals mottled pinkish red or beige and used in soups, stews and salads. Great Northern are large

ovals and added to soups, stews and baked beans. Kidney beans are a distinctive kidney shape and are most often used in chili.

Pinto beans are medium ovals mottled light brown or beige and most often used in Mexican bean dishes, especially refried beans. Yellow eyes are medium white ovals with a dark yellow "eye" used most often in salads for color.

Dry beans

Dry beans need to be soaked before cooking. There are two methods — overnight and quick soak. To soak overnight, use six cups cold water and two teaspoons of salt for every pound of beans. Cover and let stand overnight. Beans soaked overnight keep their shape better than quick soak.

For a quick soak, bring one

pound of beans and six cups water to a boil, cook two minutes, remove from heat, cover and let stand one hour. No matter which method you use, they will need to be simmered about two hours or until tender. Simmer beans gently to prevent the skins from bursting. Do not boil beans.

Cooked beans can be served alone, in soups, dips, with meats, in salads or puree and add to cakes, cookies or tarts. Make lentil or black bean soup by combining them with chopped celery, carrots and other vegetables and season with paprika, fresh chopped coriander, parsley and ground cardamom. Fill flour tortillas with black beans, tomato chunks, chopped lettuce and feta cheese and roll for a burrito. Hummus is a blend of garbanzo beans, garlic, lemon juice, cumin, red pepper and sesame seed

paste. That is a delicious Middle Eastern dip.

A pound of beans equals about two cups. Beans triple in volume when soaked and cooked so, a cup of dry beans yields three cups cooked. Dry beans will keep indefinitely if stored in a tightly sealed container or the original package. Cooked beans should be covered, and can be refrigerated up to four to five days.

Cooked beans and bean dishes can be frozen for up to six months. Beans are the "super stars" of the 1990s, take them off the back burner and enjoy a healthy, delicious, economical food.

Lois Thieleke of Birmingham is an extension home economist for the Cooperative Extension Service, Oakland County office.

Pumpkins: More than jack-o'-lantern material

LITE SUCCESS



FLORINE MARK

The only time most of us think of pumpkin is when we're carving jack-o'-lanterns or waiting to dig into a piece of pumpkin pie at Thanksgiving dinner. What many of us don't know is that pumpkin is a nutritious vegetable that's high in beta-carotene, Vitamin A and potassium. So, if you love pumpkin as much as I do, you'll be happy to know there are many wonderful ways to enjoy the taste of pumpkin — even if it's not Thanksgiving.

Ever tried pumpkin pancakes? If you haven't, you're in for a delicious surprise. Haitian Pumpkin Pancakes will bring an international flair to your Sunday morn-

ing brunch. Top with reduced-calorie maple syrup or serve with a fruit spread.

If you're interested in entertaining, remember that appearance and presentation is so important. If a dish looks appetizing, it will be appetizing to your guests. Be creative with your pumpkin presentations.

Take miniature pumpkins, carve out the inside and use the pumpkin shell as a soup bowl for delicious Pumpkin Soup. Or, chill the pumpkin shells and use them as serving bowls for Pumpkin Pudding, an appetizing alternative to fattening pumpkin pie.

Although you can't beat the taste of fresh pumpkin, you can still enjoy these recipes even when it's not in season. Canned pumpkin puree is always available at your grocery store and offers the same nutritional value as fresh pumpkin.

- 3/4 cup all-purpose flour
- 1 teaspoon double-acting baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoons each salt and ground cinnamon
- 1/4 teaspoon each ground allspice and ground ginger
- 1 cup evaporated skimmed milk
- 1/2 cup canned or cooked and pureed pumpkin
- 1 egg
- 1/2 teaspoon vanilla extract

Into medium mixing bowl sift together flour, baking powder, baking soda, and seasonings. In separate medium bowl combine remaining ingredients; add to dry ingredients and mix until thoroughly combined. Spray 9-inch nonstick skillet with nonstick cooking spray and heat over medium heat. Drop batter by rounded tablespoons into skillet, making 6 equal pancakes; cook until underside is browned.

Using pancake turner, turn pancakes over and cook until browned on other side. Transfer pancakes to warmed plate and keep warm. Repeat procedure 3 more times, using remaining batter and making 18 more pancakes. Makes 4 Servings, 6 pancakes each.

Each serving provides: 1 Bread, 1/4 Vegetable, 1/4 Milk, 20 Optional Calories on Weight Watchers Plan. Per serving with canned pumpkin: 165 calories, 2 g fat. Per serving with cooked pumpkin: 155 calories, 2 g fat. Source: "Weight Watchers International Cookbook, 1985"

PUMPKIN SOUP

- 2 teaspoons reduced-calorie tub margarine
- 1/4 cup chopped onion
- 2 tablespoons chopped green bell pepper
- 1 tablespoon all-purpose flour
- 1 cup skim milk
- 1 cup canned pumpkin puree
- 1 teaspoon low-sodium instant

- chicken broth mix
- 1/4 teaspoon dried thyme
- Chopped parsley for garnish

In small saucepan, melt margarine. Add onion and pepper; cook until soft but not brown, 4 to 5 minutes.

Whisk in flour; stir in milk, pumpkin, 1 cup water, broth mix, and thyme. Cook over medium-high heat, stirring occasionally, until slightly thickened and just boiling. Garnish with parsley, if desired. Makes 1 Serving.

Each serving provides: 1 Milk, 1 Fat, 2 1/2 Vegetables, 40 Optional Calories. Per serving: 262 calories, 5 g fat. Source: "Weight Watchers Favorite Homestyle Recipes, 1993"

PUMPKIN PUDDING

- 1 cup reduced-calorie nonfat vanilla yogurt
- 1/2 cup canned pumpkin puree
- Granulated sugar substitute to

- equal 1 teaspoon sugar
- 1/4 teaspoon pumpkin pie spice
- 2 tablespoons reduced-calorie whipped topping (8 calories per tablespoon)

Ground cinnamon for garnish

In small bowl, combine all ingredients, except whipped topping and cinnamon, until blended. Spoon into 2 dessert dishes. Cover and refrigerate, or serve immediately.

To serve, place 1 tablespoon whipped topping on each pudding. Garnish with cinnamon. Makes 2 Servings.

Each serving provides: 1/4 Milk, 1/4 Vegetable, 10 Optional Calories. Per Serving: 80 calories, 1 g fat. Source: "Weight Watchers Favorite Homestyle Recipes, 1993."

Florine Mark is president and CEO of the WW Group, Inc., the largest franchise of Weight Watchers International.

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<p style="margin: 0;">Cheer Ultra LIQUID LAUNDRY DETERGENT</p> <p style="margin: 0; font-size: 1.5em;">\$3.49</p> <p style="margin: 0; font-size: 0.8em;">50 oz. Jug.</p>	<p style="margin: 0;">Mrs. Butterworth's FROZEN WHITE BREAD</p> <p style="margin: 0; font-size: 1.5em;">\$1.89</p> <p style="margin: 0; font-size: 0.8em;">5 lbs.</p>	<p style="margin: 0;">Stouffers MACARONI & CHEESE</p> <p style="margin: 0; font-size: 1.5em;">\$1.89</p> <p style="margin: 0; font-size: 0.8em;">20 oz. box</p>
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