

WIC MENU IDEAS

BEANS

Bean Chicken Salad
Cheese Toast
Peach Slices
Milk/Juice

Baked Ham
Lima Beans
Sliced Tomato
Cornbread
Milk/Juice
Watermelon Cubes

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BEANS

WIC beans provide the protein and iron needed for growth and healthy blood.

Ways To Use WIC Beans

- ▶ Cook and freeze beans for use later.
- ▶ Wrap up some beans, cheese, lettuce and tomato in a flour tortilla for a quick bean burrito.
- ▶ Mix beans and salsa and serve over hot rice.
- ▶ Add polish sausage slices and Cajun seasoning to a pot of beans at the end of cooking time for a spicy Cajun treat. Serve over rice.
- ▶ Make a low fat bean dip. Mash up well-cooked beans, heat and season. Serve with tortillas or fresh vegetables.

Recipes Using WIC Beans

CHILI CON CARNE

1½ c dried pinto beans*	1 lb chili meat/ground beef
2 T oil	28 oz can diced tomatoes
1 clove garlic, minced	2 T chili powder
1 onion, chopped	1 tsp ea: salt, cumin, pepper
1 green pepper, chopped	

Cover beans with water and soak overnight. Cook in boiling, salted water until tender, drain. In hot oil, cook garlic, onion, green pepper and beef until browned. Drain grease. Add remaining ingredients and simmer for at least 2 hours, adding cooked beans to heat before serving. (Makes 8-10 servings.)

BEAN BURGERS

¾ lb ground beef, cooked	1 tsp salt
1 c red beans, cooked & mashed*	pepper

Mix ground beef, beans, salt and pepper. Form 6 patties about ¾ inch thick. Brown slowly on each side in a small amount of oil. Serve as meat patties or on buns as burgers. (Makes 6 servings.)

LIMA BEANS

1 lb lima beans*	½ tsp pepper
1 tsp salt	3 T margarine

Place beans in enough boiling salted water to cover. Cook, covered, over low heat for one hour, or until tender. Season with salt, pepper and butter. (Makes 6-8 servings.)

BEAN CHICKEN SALAD

2 c cooked, cubed chicken	2 T oil
1 ½ c cooked kidney beans*	1 T lemon or lime juice
½ c sliced celery	1 clove garlic, minced
2 T each: parsley & green onion	½ tsp salt
¼ tsp each: pepper & tarragon	2 T white wine vinegar

Combine chicken, beans, celery, parsley and green onion. Mix remaining ingredients then add to bean mixture. Cover and refrigerate. (Makes 4 servings.)

Consult your WIC Nutritionist for lower calorie and/or lower fat recipes.

* = WIC Food
c = cup
T = tablespoon
tsp = teaspoon