

WIC



We are excited to present

The Bold and Beautiful Book of Bean Recipes

This new book now replaces The WIC Bean Book. Included in this mailing is your preview copy of The Bold and Beautiful Book of Bean Recipes and the accompanying posters. Additional copies of the book and posters may be ordered from the Department of Health warehouse. A DOH Forms and Publications Request with publication numbers and titles has also been included.

Now, on with telling you some "Bean-riffic" facts about this new book:

The Recipes

- 28 new recipes have been added. WIC staff, WIC clients, members of the Nutrition Education Statewide Work Group, and staff from Healthy Mothers, Healthy Babies submitted recipes. The recipes have a fresh new look and taste; they include ingredients like black beans and cilantro, and feature a variety of cooking methods from stovetop to oven to crock pot.
- 12 recipes stayed on as WIC favorites: Red Beans & Rice, Bean Soup, Kidney Bean with Cheddar Soup, Split Pea or Lentil Soup, Baked Beans, Tostada, 3-Bean Salad, Marinated Vegetables, Chili Bean Dip, Hummus, Falafel with Yogurt sandwich and Lentil Burgers.
- 7 recipes were relieved of duty due to particular ingredients (like bacon drippings) or because they were replaced with a more current and popular version, these are: Macaroni and Bean soup, Rice and Bean Soup, Cheese Beans, Chili Con Carne, Hoppin' John, Lentil Casserole, Refried Beans (yes, the famous recipe that called for 1 cup of bacon drippings or oil.)

The Beans and The People Who Cook Them

- Because we believe that no bean should be left behind – The Bold and Beautiful Book of Bean Recipes includes red beans, lentils, white beans, kidney beans, split peas, black beans, pinto beans, lima beans, beans in dips, beans in bread, beans with hats on, beans on stalks, beans in bath tubs and beans in tourist clothing.
- And because not all beans are created equal –neither are bean recipes. Some recipes require more bean-skills, while some require fewer bean-skills; therefore, the book invites the bean cook to choose a recipe based on whether they are a Bean-ginner or a Well-seasoned bean cook (or their stage of change on the bean cooking scale).

The Book

- New sections have “bean” added to help WIC staff focus on what stage of change the WIC client is in when it comes to beans. For example, a client who has never cooked beans before (a Bean-ginner) can be directed to Storing & Cooking Dry Beans; while someone who is familiar with beans but looking for different ways to use dry beans can be directed to Kitchen Helpers for Easy Cooking – Microwave, Crock pot & Canned.
- WIC clients with babies and children will appreciate a section just for them - Kids Corner includes recipes for babies and toddlers, information on when to introduce beans to your baby, ideas on growing your own bean stalk and other fun tips to encourage parents and children to explore the world of beans.
- Clients in the maintenance stage (“Well-seasoned” bean cooks) may want to try baking with beans. They can be directed to the Breads & Cake section where beans are disguised in breads, cakes or muffins.
- Throughout the entire book are sprinklings of nutrition and cooking ideas including: Budget Ideas, Nutrition Notes, Quick Tips, and Bean Facts.
- Quotes from WIC clients and staff accompany many of the recipes and give more information about using the recipe (for family dinners or pot lucks), what to serve along side or if the recipe is especially suited for busy families with children.

The Posters

4 posters have “bean” designed with WIC in mind. They announce the arrival of the new Bold & Beautiful Book of Bean Recipes and incite enthusiasm about a previously (shall we say boring?) topic “Cooking with Dry Beans”. Place these new and wonderful posters all around your clinic to promote the education you are already doing or to inspire new ideas.

Here are a few suggestions:

- Use them to announce a new class called “Bean wondering what’s for dinner tonight?”
- Encourage a second (bean) contact
- Have a facilitated discussion with a gathering of “Bean-ginners” and a clustering of the “Well-seasoned”...
- Put up a Bulletin Bean Board with a bean-pot of ideas like: Celebrating Beans - the New “Slow-Food”, Beans – the Healthy Protein, or A Treasure Chest of Bean Recipes – featuring “Pirates of the Cari-bean”

The End

Here’s hoping you are as excited about this as we are. If you have questions about The Bold and Beautiful Book of Bean Recipes or the posters please contact Heidi Feston 360-236-3663 heidi.feston@doh.wa.gov or Margaret Dosland 360-236-3639 margaret.dosland@doh.wa.gov.

