

## Fall in Love with Legumes

**HEALTHY**, hearty and economical legumes come in many varieties, shapes, colors and textures; you'll never get tired of them. Dry beans, peas and lentils are known as "legumes" and are staple foods in



many cultures. They are low in fat and an inexpensive source of nutrients with about 7 grams of protein and 6–8 grams of fiber per ½ cup. They are also a rich source of folate, potassium, magnesium, iron and calcium. Research studies indicate that diets that include plenty of legumes may reduce the risk of heart disease and certain cancers of the colon, breast and prostate. Canned beans are convenient and can save a lot of preparation time. Keep several cans on hand for a quick meal or side dish.

### A Dozen Delicious Ideas:

**1 Adzuki beans** are tiny, reddish brown beans with a nutty, sweet flavor. Look for them in the Asian section of your supermarket.

Try adzuki beans in a Greek inspired salad with tomatoes, cucumbers, olives, feta and a vinaigrette.



**2 Black beans** have a subtle earthy flavor and are a staple throughout Latin America. They're popular in soups and mixed with rice.

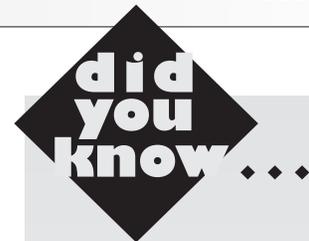
Enjoy a black bean and fruit salsa by mixing canned black beans with mango, papaya, cumin, cilantro, lime juice and olive oil.



**3 Black-eyed peas** derive their name from a small black speck on their white skin. They originally came from Africa. In Southern states, people eat them on New Year's Day for good luck.

Lucky black-eyed pea salad begins with cooked black-eyed peas. Add chopped tomato and onion, cubed avocado and toss with vinaigrette.

*(continued on page 2)*



### February is National Children's Dental Health Month

- ▶ More than 25% of children aged 2-5 years and 50% of those aged 12-15 years suffer from tooth decay.
- ▶ Pain and infection caused by tooth decay can lead to problems in eating, speaking and learning. Rampant decay can negatively impact a child's cognitive and social development, growth, self-esteem and overall quality of life.
- ▶ Left untreated, pediatric dental disease can lead to malnourishment, bacterial infections, required emergency surgery and even death.
- ▶ An estimated 17 million children in America go without dental care each year.

Source: [ncohf.org/resources/tooth-decay-facts](http://ncohf.org/resources/tooth-decay-facts)

### Quotable Quotes

“My love is pizza shaped. Won't you have a slice? It's circular, so there's enough to go around.”

– Dora J. Arod

Love quotes for the ages.  
And the ageless sages.

## Fall in Love with Legumes

— Continued from front page

**4 Cannellini beans** are large white kidney beans common in Italian fare. Toss with tuna, mix with cooked greens or enjoy them in soups such as minestrone.

For a delicious dip, roast cauliflower florets with olive oil and garlic until browned and then mash with a can of drained cannellini beans, a little lemon juice and salt.



**5 Cranberry beans** have small red lines on their ivory skins but cooking makes the red disappear. Use them in casseroles, soups and stews.

Try cranberry beans in pasta fagioli, an Italian veggie-based soup with carrots, onion, celery and pasta, topped with Parmesan cheese.



**6 Garbanzo beans**, also called chickpeas, have a nutty flavor. They're popular in Middle Eastern and Indian cooking. Purée them to make hummus or add to vegetable curry or a salad.

Spice up your hummus by adding drained, chopped marinated artichoke hearts or Kalamata olives.



**7 Great northern beans** are mild, delicate, white beans that take on the flavors of other foods. They are popular in cassoulet, a French white bean casserole.

Beans are a great comfort food. Soak a pound of great northern beans overnight and drain. Sauté chopped onion and smoked pork in olive oil, add beans, a can of diced tomatoes with green chilies and 6 cups of broth or water. Cook 2½ hours until tender and serve with cornbread.



**8 Kidney beans**, named for their shape, come in white and red varieties. They're a favorite in chili and are tasty with brown rice.

Try a quick version of Cajun red beans and rice using canned kidney beans. Sauté kielbasa sausage, onions and garlic in olive oil, add 3 cans of beans and their liquid, a can of chicken broth and Cajun seasoning. Simmer until thickened, about 45 minutes and serve over rice.

**9 Lentils** come in many colors. Red lentils cook up soft, making them a good choice for soups, stews and purées. Other lentils hold their shape and can be used in salads. Unlike dry beans, dry lentils do not need presoaking and cook in about 15 minutes when simmered.

Cook lentils with brown rice and add curry powder for a fragrant and yummy dish.



**10 Lima beans**, often called butter beans for their flavor, are an important part of succotash and are common in soups and casseroles. Baby limas have a milder flavor.

Calico beans are easy and delicious. Sauté onions in olive oil, mix in 1 can each of pork and beans, lima beans, butter beans and kidney beans, ½ cup each white vinegar and brown sugar and bake 1 hour. Adding cooked, crumbled bacon and/or ground beef before baking is a tasty variation.



**11 Pinto beans** are a reddish beige color with mottled brown flecks. When cooked, they turn light brown. They have an earthy flavor, are easy to mash and are frequently used in Mexican dishes.

Try pinto beans in your slow cooker with ham hocks, onion, broth and chili powder. Delicious as a filling for burritos.



**12 Split peas** are a favorite soup ingredient. Green split peas are common in the U.S., but the yellow variety used in Europe are becoming more available in this country.

Easy-peasy split pea soup begins with chopped onion, carrots and celery, sautéed in olive oil. Add 1 cup of dried split peas, 4 cups of chicken broth and chopped ham. Simmer about 1 hour until tender.

— Adapted and reprinted with permission from American Institute for Cancer Research

## KIDS' HEALTH & SAFETY

# Is it Safe to Play Outdoors in Winter?

### Fresh air is healthy

Studies have shown that contrary to the common belief that “exposure to cold air causes a cold,” fresh air is safe and healthy. When children and adults spend long hours together in indoor spaces that are small, overheated and poorly ventilated, germs and illnesses pass easily from one person to another. In fresh, outdoor air, children do not have to rebreathe the germs of the group and the chance for spreading infection is reduced.



photo: babyccinokids

### Outdoor play is healthy even in winter

Children of all ages enjoy and benefit from playing outdoors in all except the most extreme weather. Daily outdoor play is healthy and burns energy. It gives children a change of environment, a routine and a chance to practice large muscle activities. Even children who are mildly ill but active should go outside if the weather is not severe. Staff and children alike will feel refreshed when fresh air is part of the day. Taking children outdoors daily, even in winter, can be a healthy part of their schedule and is safe when precautions are taken.

### Avoid cold-related injuries

The way we feel about cold, wet or snowy weather and indoor temperatures may be affected by where we live and what we are used to. Temperatures above 40 and below 80 degrees Fahrenheit are generally suitable for routine outdoor play.

- Make sure children are dressed appropriately for the weather; use layers of clothing that can be taken off and on easily. The air between the layers helps keep a child warm.

- Establish a policy for shoes and outerwear for the children in your program.
- Assess outdoor play spaces for safety in cold weather. Outdoor play spaces and equipment that are safe for young children during warm, dry weather may be inappropriate if the ground is frozen or equipment is slippery.
- In very cold weather

limit the length of time children stay outdoors and keep children moving, to prevent frostbite and hypothermia.

### Improve indoor air quality

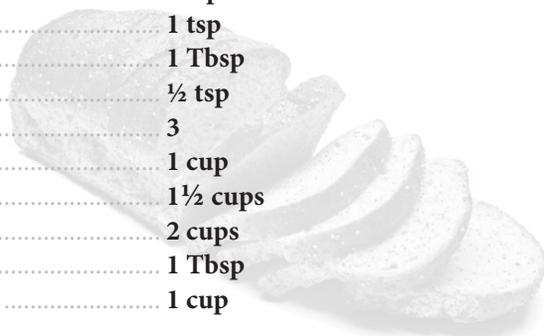
Respiratory infections are common in winter and are usually caused by viruses. Germs causing disease multiply in warm, dark, damp conditions, so it is important to keep the environment clean and dry. Adequate ventilation, humidity and temperature control helps to reduce the spread of germs and illness.

Child care providers have the potential to improve the health of children in their care by opening up windows, even in winter, for a few minutes each day and having children play outdoors every day. In addition, they can teach skills that promote enjoyable, lifelong physical activity. Active outdoor play at all times of the year is also an important part of obesity prevention and helps to establish life-long patterns of healthy physical activity.

— Adapted from *California Childcare Health Program*  
by Rahman Zamani, MD, MPH

## A to Z Bread

Flour (half whole wheat, optional) .....	3 cups
Salt .....	1 tsp
Baking soda .....	1 tsp
Cinnamon .....	1 Tbsp
Baking powder .....	½ tsp
Eggs .....	3
Vegetable oil .....	1 cup
Sugar .....	1½ cups
A to Z ingredients .....	2 cups
Vanilla extract .....	1 Tbsp
Nuts, chopped (optional) .....	1 cup



Choose one or a mixture of the following A to Z ingredients to equal 2 cups:

Apples, grated	Peaches, fresh or canned, chopped
Applesauce	Pears, chopped
Apricots, chopped	Pineapple, crushed, well drained
Bananas, mashed	Prunes, chopped (use only 1 cup)
Carrots, grated	Pumpkin, canned
Cherries, pitted and chopped	Raisins
Coconut, fresh, ground	Raspberries
Dates, pitted and finely chopped	Rhubarb, finely chopped
Eggplant, pureed	Strawberries, fresh or well drained frozen
Figs, finely chopped	Sweet potato, grated coarsely
Grapes, seedless, chopped	Tapioca, cooked
Honey (omit sugar in recipe and use only 1 cup)	Tomatoes (omit 1 cup sugar in recipe)
Lemons (use only ½ cup juice)	Yams, cooked and mashed
Marmalade (omit 1 cup sugar in recipe)	Yogurt, plain or flavored
Mincemeat	Zucchini, ground or grated, well drained
Oranges, chopped	

1. Sift together dry ingredients, set aside. In a large bowl, beat eggs, add oil and sugar, cream well.
2. Add A to Z ingredients and vanilla. Add dry ingredients. Mix well. Stir in nuts if using.
3. Spoon into 2 greased loaf pans. Bake at 325°F for 1 hour.

Yield: 24 servings

Meets requirement for: grains/breads

— *Contra Costa Favorite Recipe Contest 1976*

## Activity Corner

# DENTAL HEALTH ACTIVITIES

Here are two projects using boiled eggs:



**1** Explain how cavities form by soaking a hard boiled egg in vinegar for a day or two. Explain that eating too much sugar makes acid—which is like vinegar. The vinegar will eat off the shell (tooth enamel). Show the egg to all the children. Explain that brushing prevents decay.

**2** Place a few eggs in a container with dark-colored soda (such as a cola) for a day. The next day talk about why we should keep our teeth clean and how we can do it. Take the eggs out and show the children how they are discolored, yellow and look like they have plaque on them. Take a toothbrush with a little toothpaste and brush it off (it really comes off). Make sure each child gets a turn to brush an egg.

—*Educationalworld.com*

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**Food Funny** Q: What kind of beans have landed on the moon?  
A: Human beans!