

TIPS FOR COOKING WITH BEANS

Dried beans

- Store: dry beans can be stored for up to a year in an airtight jar with a lid.
- Prepare: remove any shriveled beans.

O Quick Soak: boil dried beans for two to three minutes. Turn off the heat and let it sit covered for one to two hours.

O Overnight Soak: Soak the beans in cold water for at least eight hours, or overnight. Cook until softened.

- Cook: Toss acidic ingredients, for example tomatoes, lemon juice, or vinegar, into cooked beans just before serving, which will toughen bean skins. To save time, boil a large pot of beans and use it for several meals.

Cooked beans:

- Store: put cooked beans in the fridge for four to five days or in the freezer for up to six months.
- Prepare: if you are making cold recipes using frozen beans, simply let them thaw in the fridge overnight or reheat them well before using them in hot recipes.
- Cook: season with salt-free spices and fresh herbs. For example, sautéed the bean with vegetables and garlic. Beans are great with soups, stews, or salads. Puree them for use as dips.

Canned beans:

- Leftover beans should be stored in a glass or plastic container rather than a can. Do not use cans that are dented or rusty.
- Prepare: Drain and rinse the beans with water to lower the amount of salt they have.
- Cook: Prepare canned beans in the same way that you would the cooked beans.

豆类烹饪技巧

干豆

- 储存: 干豆子可在带盖的密封罐中储存一年。
- 准备: 去除所有干瘪的豆子。

O 快速浸泡: 将干豆煮沸两到三分钟。关火后盖上盖子焖一到两小时。

O 过夜浸泡: 将豆子浸泡在冷水中至少八小时, 或过夜。煮至变软。

• 烹煮: 在食用前将番茄、柠檬汁或醋等酸性配料倒入煮熟的豆子中, 这样会使豆皮变硬。为了节省时间, 可以煮一大锅豆子, 供几顿饭食用。

熟豆子

- 储存: 煮熟的豆子放入冰箱可保存四到五天, 或放入冷冻柜可保存六个月。
- 准备: 如果您要用豆子用于冷菜, 只需让它们在冰箱里解冻一夜; 如将它们用于热食, 则需把豆子重新加热。
- 烹饪: 可用无盐香料和新鲜香草调味。例如, 将豆子与蔬菜和大蒜一起炒。豆类适合做汤、或和炖菜或沙拉搭配。将豆子捣成泥状可用作蘸酱。

罐装豆子

- 吃剩的豆子应该储存在玻璃或塑料容器中, 而不是罐头中。不要使用有凹痕或生锈的罐头。
- 准备: 将豆子沥干并用水冲洗, 以降低盐分含量。
- 烹饪: 可参考以上熟豆子的准备方法。

References/参考资料:

1. New York City Department of Health and Mental Hygiene. Nutrition education handouts for adults. <https://www.nyc.gov/assets/doh/downloads/pdf/cdp/nutrition-education-handouts-adult-workshops.pdf>. Accessed January 26, 2024.
2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

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Vegetable Spotlight: Fairytale Eggplants 蔬菜聚光灯: 童话茄子



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ROASTED EGGPLANT (Serves 4)

烤茄子 (4 人份)



INGREDIENTS

- 1 1/3 fairytale eggplant
- 1 1/3 Red Bell Peppers
- 3 teaspoons Olive Oil
- 1/8 teaspoon Salt, adjust to taste
- 1/8 teaspoon Black Pepper, adjust to taste

配料

- 1 1/3 童话茄子
- 1 1/3 红甜椒
- 3 茶匙橄榄油
- 1/8 茶匙盐，根据口味调整
- 1/8 茶匙黑胡椒，根据口味调整

DIRECTIONS

1. Preheat oven to 375°F.
2. Rinse and dry eggplant with a paper towel.
3. Cut eggplant into 1/4 inch width round pieces or strips.
4. Cut bell peppers into 1/4 inch width strips.
5. Coat a baking sheet lightly with 1 teaspoon of olive oil.
6. Lay pieces of eggplant and bell peppers on the baking sheet.
7. In a cup or small container: mix 2 teaspoons of olive oil, salt, and pepper.
8. Drizzle the olive oil mixture over the eggplant and bell peppers.
9. Cook for about 30 minutes, until tender and soft.
10. Place the eggplant and bell peppers in a platter. Serve warm.

步骤

1. 烤箱预热至 375°F。
2. 将童话茄子冲洗干净并用纸巾擦干。
3. 将童话茄子切成 1/4 英寸宽的圆形块或条。
4. 将红甜椒切成 1/4 英寸宽的条状。
5. 在烤盘上轻轻涂上 1 茶匙橄榄油。
6. 将童话茄子和甜椒放在烤盘上。
7. 在杯子或小容器中加入 2 茶匙橄榄油、盐和胡椒粉。
8. 将橄榄油混合物淋在童话茄子和红甜椒上。
9. 烹煮约 30 分钟，直至变软。
10. 将童话茄子和红甜椒放入盘中。趁热食用。



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