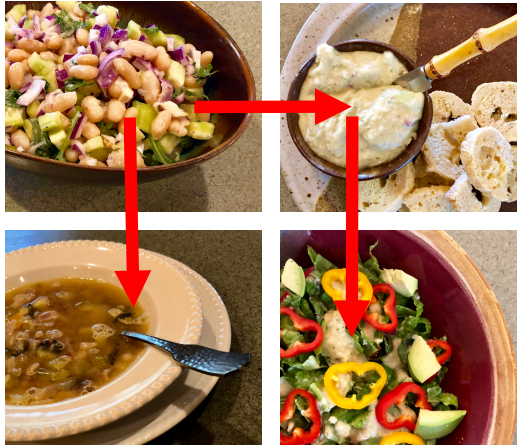


Snapped Up: Four-in-One Magic Beans



Why cook one meal when you can have four from the same humble bean dish?

Start by using **Cannellini** beans (white kidney beans), they are buttery and hold their shape better in salad form. If you don't have Cannellini available use **Northern White** beans (mid-sized) or **Navy** beans (the smallest of the white beans). All taste the same, but the texture of the skin may differ.

This dish is an example of how cooking from scratch (not using a recipe) frees the soul to experiment with flavor combinations, textures, and experiences.

Don't have arugula? Use chard, spinach, kale, cabbage, collards... something green that stands up to summer heat.

Missing lemons? Try a bit of vinegar to create the tart taste.

Out of sweet onion? Use shallots, storage onions, or chopped green onions.

Each change will change the outcome and that's okay. Taste as you go until you get a combo that's pleasing to you.

THE "BASE" BEAN SALAD INGREDIENTS

1 can or 1.5 cups* of Cannellini, Northern, or Navy Beans

1/4 cup finely chopped **sweet onion**

1 cup of deseeded and diced **cucumbers**

1/2-1 cup chopped **arugula**

Juice of one whole **lemon**

Drizzle of **oil** if you like, but not needed.

Salt and Pepper to taste

*Pre-cook the beans to save time. Soak overnight, rinse, then simmer in twice the water for 45 minutes until done. Or use a pressure pot dried beans with 3 times the water for 25 minutes.

Freeze extra beans or refrigerate and use within two days

MAKE

MIX all ingredients in one bowl and enjoy as a dish, puree into a spread/dressing, or use as a base for soup.

TOOLS USED:

Bowl

Cooking pot

Food processor

HOW TO SERVE

1. Begin by enjoying a **cold bean salad** as a side or a main dish. The lemon brings out Mediterranean flavors. The soft bean is a nice counter point to the crunchy onion and cucumber. Peppery arugula takes the dish up a notch.
2. Take leftover bean salad and with a food processor, *blend the entire contents* of the bowl into a hummus-like **bean spread** for toast or veggie sticks. Kids love it.
3. Or... Add a bit of milk to the spread (reblend) and turn it into a **creamy dressing** to top salad greens for a grown up salad with richly deep flavors.
4. Or... take the *original leftover bean salad* and turn it into **Cucumber/Bean soup** by adding water plus vegetable, beef, or chicken bouillon. Salt and pepper to taste. The original lemon and cucumber now makes the soup taste Greek. Enjoy with pita bread.

*Good for one.
Great for many.*

1 serving of Four-in-One Magic Bean Dish

General			
Energy	291.3	kcal	40%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	284.5	g	11%

Carbohydrates			
Carbs	55.6	g	68%
Fiber	20.6	g	98%
Starch	28.1	g	No Target
Sugars	4.6	g	No Target
Sugar Alcohol	0.3	g	No Target
Net Carbs	34.7	g	57%

Lipids			
Fat	1.5	g	5%
Monounsaturated	0.3	g	No Target
Polysaturated	0.9	g	No Target
Omega-3	0.3	g	17%
Omega-6	0.3	g	2%
Saturated	0.2	g	n/a
Trans-Fats	0.0	g	n/a
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	16.4	g	27%
Cystine	0.1	g	22%
Histidine	0.4	g	39%
Isoleucine	0.7	g	54%
Leucine	1.3	g	44%
Lysine	1.0	g	37%
Methionine	0.2	g	32%
Phenylalanine	0.9	g	78%
Threonine	0.5	g	39%
Tryptophan	0.2	g	55%
Tyrosine	0.4	g	32%
Valine	0.9	g	56%

Vitamins			
B1 (Thiamine)	0.5	mg	45%
B2 (Riboflavin)	0.2	mg	15%
B3 (Niacin)	1.3	mg	9%
B5 (Pantothenic Acid)	0.9	mg	17%
B6 (Pyridoxine)	0.4	mg	25%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	291.9	µg	73%
Vitamin A	312.2	IU	13%
Vitamin C	21.0	mg	28%
Vitamin D	0.0	IU	0%
Vitamin E	0.1	mg	1%
Beta Tocopherol	0.0	mg	No Target
Delta Tocopherol	0.2	mg	No Target
Gamma Tocopherol	2.4	mg	No Target
Vitamin K	14.7	µg	16%

Minerals			
Calcium	166.2	mg	21%
Copper	0.5	mg	53%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	4.8	mg	60%
Magnesium	118.8	mg	37%
Manganese	1.1	mg	62%
Molybdenum	0.0	µg	0%
Phosphorus	301.8	mg	43%
Potassium	968.4	mg	21%
Selenium	5.6	µg	10%
Sodium	6.5	mg	1%
Zinc	2.2	mg	27%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity. Percentages are based on what a 150 pound person needs daily.