

Events this Week

**Strength Training:
Easy Physical
Activity You Can do
Almost Anywhere
Using Resistance
Bands**

Friday, May 4:
12:00 – 12:30pm
Graduate School of
Nursing Conference
Room

SAVE THE DATE

**National
Employee Health
and Fitness Day**

Wed., May 16:
Walk with Dr.
Walter Ettinger,
12:00Noon

To purchase a
pedometer, visit the
Step Ahead office at
S7-746.

**Step Ahead can
come to you!
Contact us to
schedule a
workshop for your
group. Call us at
508/856-2319 or
800/522-4617, or
email at
info@stepahead
program.com.**

Bountiful Beans

Beans help you feel great because they are packed with health and nutrition. Kidney beans, black beans, navy beans, chickpeas, cannellini beans, black eyed peas, soy beans and lentils belong to a class of vegetables called legumes.

Why eat beans?

Beans are an inexpensive source of protein, and are low in calories, sugar and fat. Beans have lots of fiber, especially soluble fiber, that helps lower the bad cholesterol and reduces your risk for diabetes and some cancers. On average, ½ cup of beans has 115 calories, 5 to 7grams of fiber and 8 grams of protein. This combination of protein and fiber gives you steady energy that lasts for hours. Studies show that people who eat beans regularly weigh less than people who don't eat beans. Beans are a good source of iron, potassium, and the B vitamins folic acid and niacin.

Dried or canned beans

You can buy beans in cans or in packages of dried beans. Both canned and dried beans

have the same health benefits. Dried beans are inexpensive but do require several hours to prepare. They need to be soaked first in water and then cooked. Dried lentils are an exception, because they do not need soaking before cooking. Canned beans are easy and convenient because they do not need to be soaked or cooked before using. Simply drain the beans and rinse them with water before using to remove some of the salt.

Ways to serve and eat beans

Add beans to salads, soups, chilis and pasta dishes for added fiber and nutrition. In your next chili, reduce the meat by half and add an extra can of beans for healthy protein and added fiber. Snack on dips such as hummus (made with chickpeas) with cut vegetables. Find great bean recipes at www.stepaheadprogram.com.

Worried about gas?

You can reduce the gassy side effects of eating beans. Start slowly, eating small portions of beans regularly to give your body time to adjust. Discard the water you used to soak dried beans and use fresh water for cooking them. Another thing many people do is use the product Beano.

Recipe of the Week

Spicy Mexican Black Beans

Makes 3 servings

2 Tablespoons olive oil
1 medium onion, chopped
4 cloves garlic, chopped
1/8 teaspoon cayenne pepper
1/8 teaspoon black pepper
1 teaspoon cumin
¾ teaspoon ground coriander
1 teaspoon dried basil
½ teaspoon dried oregano

1 can black beans (drain and rinse well)
1 14-oz. can diced tomatoes

- Over medium heat, heat oil in large skillet.
- Add all the ingredients except the beans & tomatoes. Cook until the onions are soft (about 5 minutes).
- Add tomatoes and beans and heat until bubbly.

Serve over a slice of pan grilled polenta or brown rice.

Nutritional information per serving:

Calories: 309
Total Fat: 8g
Saturated Fat: 1g
Carbohydrates: 48g
Fiber: 11g
Protein: 14.20g

Tip of the Week

Head down to the cafeteria on Friday to try healthier versions of traditional Mexican dishes to celebrate Cinco de Mayo. You can also download these recipes from www.stepaheadprogram.com!

To learn more about Step Ahead visit www.stepaheadprogram.com