

5 ideas for...



KIDNEY BEANS

This inexpensive go-to is versatile, virtually fat-free, and brimming with fiber and protein. See what a 15- or 19-ounce can of the popular legume, rinsed and drained, can easily become.

1 Vegetable Curry In 4-qt. saucepan, heat 4 c. water to boiling. Add 1 pkg. (12 oz.) fresh broccoli/cauliflower-floret mix; cook 4 minutes or just until tender. Drain in colander. Dry saucepan. In same pan, toast 1 tsp. curry powder on medium 30 seconds. Stir in beans, $\frac{1}{4}$ c. chutney, $\frac{1}{4}$ c. water, $\frac{1}{2}$ tsp. grated peeled fresh ginger, and $\frac{1}{4}$ tsp. salt, and cook 2 minutes. Stir in broccoli mix. Spoon over rice. Serves 4.

2 Avocado Quesadillas Divide 4 Tbsp. salsa, 1 c. shredded pepper Jack cheese, beans, and 1 avocado, sliced, on half of each of 4 burrito-size tortillas. Fold in half; press to flatten slightly. Heat 12-in. skillet on medium; add 2 quesadillas. Cook 8 minutes or until golden on both sides. Repeat. Serve with salsa. Serves 4.

3 Sun-Dried Tomato Dip In food processor with knife blade attached, finely chop $\frac{1}{3}$ c. oil-packed sun-dried tomatoes with 1 Tbsp. oil from tomatoes. Add beans, $\frac{1}{4}$ c. grated Parmesan, and 2 Tbsp. water, and blend until smooth. Add $\frac{1}{3}$ c. fresh basil leaves; pulse just until combined. Serve with pita chips. Makes $1\frac{3}{4}$ c.

4 Falafel In food processor, pulse beans, 1 egg, $\frac{1}{3}$ c. packed fresh parsley, $\frac{1}{4}$ c. seasoned dried bread crumbs, $\frac{3}{4}$ tsp. ground cumin, and $\frac{1}{4}$ tsp. each salt and pepper until blended. Place 3 Tbsp. crumbs on plate. Shape bean mixture into 8 ($2\frac{1}{4}$ -in.) patties; coat with crumbs. Spray 12-in. skillet with nonstick spray; heat on medium. Add patties; cook 9 minutes. Serves 4.

5 Minestrone In 4-qt. saucepan, combine beans, 4 c. vegetable broth, 1 can (14.5 oz.) diced tomatoes with onion and garlic, and $\frac{1}{4}$ tsp. Italian seasoning; cover and heat to boiling. Stir in 1 bag (16 oz.) frozen Italian vegetables; cover and cook 6 minutes or until tender. Serve with grated Parmesan. Serves 4.

