



How to Cook Dried Beans



1. **Sort.** Place the beans in a shallow pan and sort them. Remove any debris.
2. **Rinse.** Place the beans in a colander and rinse well with cold water.
3. **Soak.** Soak dried beans in water before cooking.
Best Method: Place beans in large covered container. Add 3 cups of cold water per 1 cup of beans and soak in the refrigerator over night.
Quick Method: Place beans in large pot. Add 3 cups of water per 1 cup of beans. Bring to a boil for 2 minutes; turn stove off and allow to stand for one hour; proceed with step 4.
4. **Rinse.** Rinse and drain beans well before cooking.
5. **Add water & seasonings.** Place beans in a large pot; add 1 cup of water per cup of soaked beans.
For soups, add vegetables & seasonings. Increase water to 1– 1/2 cups per cup beans.
For chili, add sautéed onions and garlic, cumin, chili powder, and oregano.
For general uses. Such as salads, pasta, bean dips, etc., season with a little garlic powder, a bay leaf, thyme, oregano, and basil.
Do not add salt, vinegar, a large amount of tomatoes or other acid. Salt and acid toughen the outer skin of the bean. If you want to add these ingredients, wait until the end.
6. **Cook.** Cook until tender. Times vary for each type of bean—refer to the package. Harder water may cause beans to need a little longer cooking time.
7. **Chill quickly.** Cool beans quickly by submerging the pot in a sink full of ice water; stir frequently. Store them immediately in a shallow covered pan in the refrigerator for up to 5 days; or freeze in small plastic bags or containers for several months.

Adapted from Food & Health Communications, Inc. 1999

What Will We Eat Today?

Young children, like all of us, eat because they get hungry.

But they also express feelings through their eating.

It is common for a child's appetite to vary from one meal or one day to the next. How fast your child is growing, how active they are, and a child's general health will affect how much he or she eats.



Children differ in their needs for food and their feelings about it. Some are hearty eaters, while others are picky. Some children always eat big meals; others eat small amounts often throughout the day.

Given the chance, most children do a good job of eating the food they need.

Make smart choices from every food group

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

For more information about the new USDA Food Guidelines, visit <http://www.health.gov/dietaryguidelines> or visit MyPyramid.gov

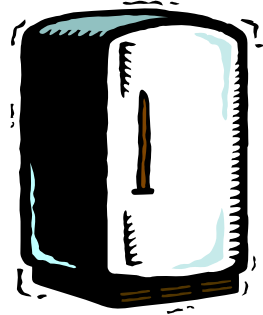


FYI for Mothers that Breastfeed: How Long Can I Store My Breastmilk?

The following are some general breastmilk storage guidelines:

- At room temperature (less than 77 °F) for 4 to 8 hours
- At the back of a refrigerator for 3 to 8 days
- At the back of a freezer for up to 3 months

For more information about breastmilk, contact your local WIC office.



The Farmers Market Program begins July 1



Easy Grilled Vegetables

Veggies on the grill can't be beat! This super-easy recipe shows you how simple it can be.

- 12 pieces of squash, about 1 inch in diameter
- 2 red or green bell peppers, each cut into 6 pieces
- 1 large red onion, cut into 1/2 inch slices
- 1/3 cup Italian dressing
- Freshly ground pepper, if desired



1. Place vegetables in rectangular baking dish, 13x9x2 inches. Pour dressing over vegetables. Cover and let stand 1 hour to blend flavors.
2. Heat coals or gas grill for direct heat. Remove vegetables from marinate; reserve marinade. Place vegetables in grill basket or directly on the grill rack.
3. Cover and grill vegetables 4 to 5 inches from medium heat 10 to 15 minutes, turning and brushing vegetables with marinade 2 or 3 times, until tender. Sprinkle with pepper.

July, August, September 2005 WIC Notes Edition

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WIC Participation. It's more common than you think!

According to the WV Office of Vital Statistics and the State WIC Office, 74.5% of all babies born to citizens in West Virginia participated in WIC.