### What are Legumes?
- Black beans
- Chickpeas/garbanzo beans
- White beans
- Black-eyed peas
- Kidney beans
- Adzuki beans
- Green lentils
- Lima beans
- Brown lentils
- Black Beluga lentils
- Red lentils
- Mung beans
- Soy beans

### Why Include Legumes?
- Important source of nourishment for people worldwide
- Legumes are great sources of iron, potassium, selenium, magnesium, zinc, B vitamins
- Plant-based protein
- Phytonutrient content is high protecting against heart disease, diabetes and high blood pressure
- Synergy with other components in the diet give legumes their power
- High in soluble fiber playing a role in lowering cholesterol

### How to Use Legumes:
- **Assembly:** White beans (canned) and salsa (jarred)
- **In Training:** Lentils, precooked chicken sausage and baby spinach
- **Home Chef:** Chicken thighs and baby beluga lentils

(Actual recipes to follow)

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