

# EATING 101

## RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

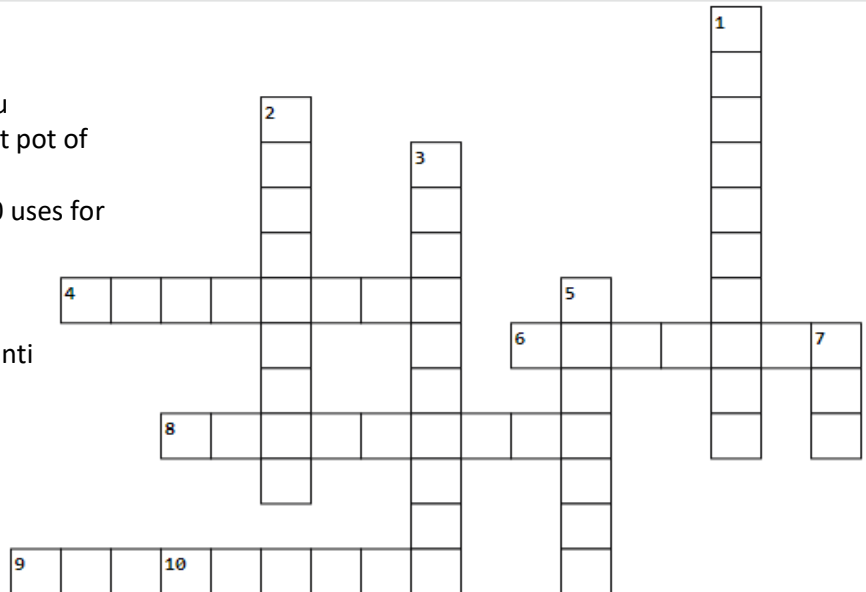
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### Spell the Beans

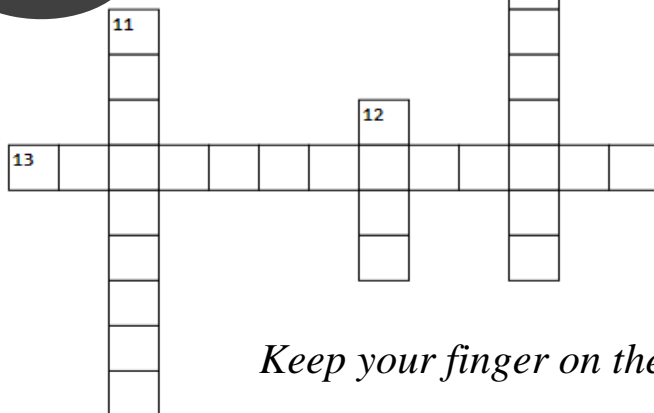
Beans, beans, the musical fruit - the more you eat, the more you *reap amazing health benefits!* Beans are just one kind of *pulse*, which is the edible seed portion of a plant from the legume family. Pulses like peas, peanuts, lentils, chickpeas, soybeans, and of course beans, are staple crops in many cuisines worldwide. Pulses contain protein, complex carbohydrates, fiber, and several vitamins and minerals. Planting legumes is also good for soil health. They are one of the few plants that add nitrogen back to the soil, which helps other plants grow. Cool beans! *Peas* take a minute to test your knowledge on the humble and wholesome legume.

#### Down

1. You “can” find this bean in minestrone soup
2. These beans are named after the capitol of Peru
3. This organ-shaped bean is right at home in a hot pot of chili
5. George Washington Carver discovered over 300 uses for these legumes
7. “I am” a source of “completo” protein
10. Beans found in hummus and falafel
11. Hannibal Lecter enjoyed these with a nice chianti
12. “Me and Jenny were like \_\_\_ and carrots”



Post a pic of your completed puzzle on your Instagram story and tag us @ru\_hdt  
The first 4 correct submissions win a free Rutgers hat!



#### Across

4. A sweet paste made from this bean can be found in desserts like moon cakes, and hopia/bakpia, or they can be made into a savory soup called monggo
6. These lens-shaped legumes can be black, brown, red, or green
8. This bean is often mashed and served refried
9. This versatile bean is often served with rice, but can be made into burgers or even brownies
13. “I Got a Feeling” that “Imma Be” enjoying these beans (*not* peas).

*Keep your finger on the pulse*

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References: *Legumes and Pulses*. Available at: <https://www.hsph.harvard.edu/nutritionsource/legumes-pulses/>. Accessed on: September 15, 2022.

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