

Health Bites: The Benefits of Beans

Video: [Let's Make Black Bean Casserole](#)

A serving of this recipe has 14 grams of fibre, which is about half the fibre most adults need daily. To learn more about fibre, visit ahs.ca/NutritionHandouts and search “fibre”.

Don't have all the ingredients for the Black Bean Casserole?

Here are some simple swaps. Instead of:

- low sodium canned corn or beans: Use regular versions and rinse them with water when draining the liquid. This helps to wash off some of the sodium (salt).
- canned corn: Use fresh or frozen corn kernels instead, no thawing needed.
- green peppers: Any other colour of sweet bell pepper will work.

The benefits of including beans often

- They help keep you fuller for longer and lower your risk of several chronic diseases thanks to their very high fibre content.
- They have nutrients important for healthy blood as they are high in iron and folate.
- They also help to lower blood pressure because they are a source of magnesium and potassium.
- They can lower your grocery bill because they are a lower cost protein food.
- They work in a variety different recipes from baking to entrees thanks to their neutral taste.

Learn more at Food-Guide.Canada.ca and search [Cooking with plant-based protein foods](#).

This recipe is easy to make-ahead and often tastes better the next day. It can also be frozen to use for quick meals later.

