



The Supreme Bean II

Delicious and Nutritious
Recipes Made with
Ontario White
Pea Beans

White Pea Beans

- cholesterol-free
- high-protein
- gluten-free
- high-fibre
- low-fat

Ontario White Pea Beans

Delicious & Nutritious!

Ontario white pea beans, also known as navy beans, are high-protein, high-fibre, low-fat and cholesterol-free. A low-fat diet, including beans, can reduce chances of cancer, heart disease and stroke.

The combination of beans and grains can be an ideal low-fat, cholesterol-free alternative to meat. Although beans are not a complete protein, the additional essential amino acids needed throughout the day can be consumed from other foods such as rice or whole wheat bread.

White pea beans are a very high source of soluble fibre. Canadians should consume 25-30 grams of fibre per day. One cup of cooked white pea beans is about half of the fibre required. Add beans to any salad, soup, casserole, pasta or puree in baked goods to add more fibre to your diet.

White pea beans are also low-fat. Remember to add other healthy ingredients to your bean recipes to maintain the low-fat health benefits of beans.

Beans also act as an appetite suppressant. They digest slowly and cause a low, sustained increase in blood sugar. Researchers have found that beans can delay the reappearance of hunger for several hours, enhancing weight-loss programs.

As a food rich in complex carbohydrates, beans are an excellent source of energy. They supply impressive amounts of B-vitamins, Calcium, Iron, Phosphorous, Potassium and

Zinc. Beans are gluten-free and contain very little sodium.

White pea beans contain Folate (Folic Acid), a B-Vitamin. Women who consume adequate amounts of folate before and during pregnancy, reduce the risks of neural tube defects in the development and growth of their babies.

The impressive nutritional profile of white pea beans makes them a welcome addition to any diet and plays an important role in gluten-free, diabetic, low-salt, low-calorie, low-cholesterol, high-iron and high-fibre diets.

Nutritional Content

Cooked White Pea Beans (1 cup/250 mL)

Energy (calories)	269 Kcal
Energy (kilojoules)	1124 kJ
Protein	17 g
Fat (total lipids)	1 g
Fatty acids	0.9 g
Cholesterol	0 mg
Carbohydrate	49 g
Total Dietary Fibre	13 g
Sodium	4 mg
Potassium	876 mg
Thiamin	0.45 mg
Riboflavin	0.11 mg
Niacin	3.9 mg
Pantothenic Acid	0.47 mg
Vitamin B-6	0.24 mg
Folate	259 mcg
Iron	5.4 mg
Calcium	138 mg
Phosphorous	320 mg
Magnesium	129 mg
Zinc	2.1 mg
Copper	0.28 mg

Canadian Diabetes Association Food Choice Values

- Starch Foods
- Fruits & Vegetables
- ◆ Milk
- ◆ Protein Foods
- ▲ Fats & Oils
- ++ Extras
- * Sugars

For further information on diabetes, contact:

Canadian Diabetes Association
15 Toronto Street, Suite 800,
Toronto, Ontario M5C 2E3
<http://www.diabetes.ca>

or phone: 1-800-BANTING (226-8464).

Bean Tips

- store dry beans in a dry, airtight container at room temperature and not in the refrigerator.
- store indefinitely but best used within 1 year because they lose moisture over time and take longer to soak and cook.
- always rinse and sort beans.
- cooked beans can be kept 4 or 5 days covered and refrigerated.
- freeze cooked beans for convenience in airtight, freezer containers or baggies for up to six months.
- 1 lb. (454 g.) dry white pea beans = 2 cups (500 mL) dry white pea beans.
- 2 cups (500 mL) dry white pea beans = 5 - 5 1/2 cups cooked. Dry beans double or triple their size after soaking and cooking.
- the quick soak method can be a quick and easy way to soak beans the same day for cooking.
- beans soaked using the overnight method will keep their shape better and have a more uniform texture.
- cook beans just until barely tender if they are to be cooked again in a recipe.
- always simmer beans gently because boiling can cause skins to split.
- add a tablespoon of butter, margarine or oil to cooking water to reduce foaming and boiling over.
- salt and acids in lemon juice, vinegar or tomatoes will make beans firm and could impair the softening process. If your recipe calls for these ingredients, add at the end of cooking time when beans are almost tender.
- increase the soaking and cooking time in hard water or at high altitudes.

PLEASE NOTE: Nutritional analysis figures have been rounded and are approximate.

Every reasonable effort is made to ensure accuracy in this information. However, we are not responsible for any costs arising from errors or omissions.



Buying, Soaking, Cooking and Storing

White pea (navy) beans can be purchased dry, canned, frozen, dehydrated or as a flour.

Dry White Pea Beans

Dry white pea beans can be purchased in the packaged form or in bulk.

Canned White Pea Beans

Canned white pea beans can be purchased both canned in water (brine) and canned in tomato sauce (baked beans) with/without molasses and with/without pork.

- white pea beans canned in water are sometimes called navy beans.
- canned beans in water or sauce are already cooked so should only be reheated.
- canned beans are quick and convenient and can be added to recipes as called for.
- store canned beans in a cool, dry place

To reduce Flatulence or Intestinal Gas experienced while your body adjusts to the additional fibre:

- rinse dry beans under cold running water.
- cook beans thoroughly because the softer the beans, the easier to digest.
- when adding beans to your diet, increase amounts gradually and then eat beans on a regular basis.
- increase your fluid intake when increasing fibre in your diet.
- add 1/8 tsp. of baking soda to soaking water to reduce indigestible sugars that cause flatulence.
- rinse soaked beans before cooking in fresh water and again after cooking if recipe allows.
- avoid eating other gas-producing vegetables such as cabbage, cauliflower, broccoli and brussel sprouts with beans.
- discard canning liquid and rinse canned beans in water (brine) under cold running water.
- try a digestive enzyme such as Beano or a gas relieving product.

and use within one year of purchase for best flavour and texture.

- when using beans canned in water (brine), drain and rinse well under cold running water before adding to your recipe.

Individually Quick Frozen Beans

Individually Quick Frozen Beans are precooked and ready to use. Simply add without thawing to recipes which require further cooking. For recipes which do not require heating, thaw beans in a refrigerator overnight, 2 hours at room temperature or 6 minutes in microwave on defrost (30% power; 650 watts) and use as directed in your recipe. Frozen white pea beans are sometimes called navy beans.

White Bean Flour

For those with Celiac Disease or anyone wanting a flour with the nutritional benefits of beans, try gluten-free White Bean Flour from Grain Process Enterprises Ltd. at 1-800-387-5292 or 1-416-291-3226.

Precooked Dehydrated White Pea Beans

Dehydrated white pea beans are precooked and dehydrated by a micronization process before packaging to enable consumers to prepare bean dishes in less than 15 minutes.

Soaking

Always soak dry beans before cooking to replace moisture. Use 3 cups (750 mL) of water for each cup (250 mL) of sorted and rinsed beans. Then follow one of these methods:

Quick Soak: Bring water and beans to a boil, cover and boil for 2 minutes. Remove from heat and let stand 1 hour. Drain.

Overnight Soak: Let beans and water stand overnight. Drain.

Microwave Soak: Combine 3 cups (750 mL) of hot water and 1 cup (250 mL) of dry beans in a 4 qt. (4 L) microwaveable casserole dish. Cover and microwave at HIGH (100%) power for 15 minutes or until boiling. Let stand 1 hour. Drain.

Cooking

To cook soaked beans, use 3 cups (750 mL) water for every cup (250 mL) of soaked beans. Then follow one of these methods:

Conventional Cooking: In a large saucepan, combine soaked beans and water. Cover and bring to a full boil. Reduce heat and simmer until fork tender, about 45 to 60 minutes.

Microwave Cooking: In a 4 qt. (4 L) microwaveable casserole dish combine 3 cups (750 mL) of water and 1 cup (250 mL)

Preparation Methods

Soaking Method

Soaking Method	Time
Quick Soak	1 hour
Overnight Soak	8 hours
Microwave Soak	1 1/4 hours

Cooking Method

Conventional cooking	45 min-1 hr
Microwave cooking	50 min

Crockery cooking – includes soaking and cooking in one step
ON LOW
12 hours

Pressure cooking	
Soaked Beans	20-30 min
Dry Beans	40-50 min

of soaked beans. Cover and microwave at HIGH (100%) power 10 to 15 minutes or until boiling. Stir and microwave at MEDIUM (50%) power for 25 to 35 minutes, stirring every 15 minutes or until fork tender.

Crockpot: Place beans in boiling water (enough to cover beans) and simmer for 10 minutes. Then place beans in crockpot and add 6 cups of water per pound of beans. Cook on low for 12 hours. This is both the soaking and initial cooking steps.

Pressure Cooking: Place beans in pressure cooker. Cooker should be no more than 1/3 full to allow for expansion. Add water to cover and 1 tbsp. of oil to reduce foaming. Cover; cook at 10 pounds pressure about 20 to 30 minutes for soaked beans and 40 to 50 minutes for dry beans. Pressure cookers do vary, so follow manufacturer's

Bean and Tomato Bruschetta

A good source of Folate

3 tbsp	olive oil	45 mL
1	cooking onion, diced	1
2 cloves	garlic, diced	2
2 tbsp	fresh sage, finely chopped	25 mL
2 cups	well-cooked white pea beans , mashed with fork	500 mL
2	plum tomatoes, seeded and diced	2
1 tbsp	red wine vinegar	15 mL
	salt and pepper	

In a small skillet, heat the olive oil over medium heat. Cook the onion and garlic until softened. Add the sage and stir to combine. Let come to room temperature. In a medium bowl, combine the mashed white pea beans, onion mixture, tomatoes and red wine vinegar. Season with salt and pepper to taste. Spoon mixture over grilled pieces of bread. **Makes 12**

Spicy Thai Bean Dip

2 cups	cooked white pea beans	500 mL
2	green onions, chopped	2
2	cloves garlic, minced	2
1/2 cup	fresh cilantro leaves	125 mL
2 tbsp	smooth peanut butter	25 mL
1 tbsp	soy sauce	15 mL
	juice and zest of 2 limes	
1 tsp	turmeric (optional)	5 mL
dash	hot pepper sauce	dash

In a blender or food processor, add white pea beans, onions, garlic, cilantro, peanut butter, soy sauce, lime juice and zest and turmeric (optional); process until smooth but flecks of green remain. Add hot pepper sauce to desired heat level. Serve as a dip for chopped fresh vegetables, or spread on crackers. **Makes about 2 cups (500 mL)**

Per Serving

Energy	85 kcal
Protein	3 g
Fat	4 g
Carbohydrate	10 g
Dietary Fibre	3 g
(38% calories from fat)	

Canadian Diabetes Association
Food Choice Value:

1/12 of recipe:
1/2 ■ + 1/2 ◐ + 1/2 ▲

Per Serving

(2 Tbsp / 25 mL)

Energy	38 kcal
Protein	2 g
Fat	1 g
Carbohydrate	6 g
Dietary Fibre	1 g
(24% calories from fat)	

Canadian Diabetes Association
Food Choice Value:

2 Tbsp (1/20) of recipe =
1/2 ◐ + 1/2 ◐





Dill, Tomato and Feta Baked Beans

2 tbsp	olive oil	25 mL
1	onion, diced	1
2	cloves garlic, minced	2
1	stalk celery, diced	1
4 cups	cooked white pea beans	1 L
2 cups	pasta sauce	500 mL
1 cup	tomato juice	250 mL
1/2 cup	chopped fresh dill	125 mL
	salt and pepper to taste	
1/2 cup	crumbled Feta cheese	125 mL

In a skillet, heat the olive oil over medium heat. Cook the onion, garlic and celery until soft. In a large bowl, combine the onion mixture, white pea beans, pasta sauce, tomato juice and fresh dill. Season with salt and pepper to taste. Place in an oiled 2-quart shallow baking dish. Sprinkle with the Feta cheese and bake in a preheated 350°F (180°C) oven for about 40 minutes until heated through. Serve as an appetizer with bread or as a baked bean dish.

Appetizer: Makes 32
Meal: Serves 6

Per Serving (1/32 recipe)

Energy	68 kcal
Protein	3 g
Fat	2 g
Carbohydrate	10 g
Dietary Fibre	2 g
(28% calories from fat)	

Canadian Diabetes Association
Food Choice Value:
1/32 of recipe =
1/2  + 1/2 



Bean, Rice and Corn Salad

An excellent source of Folate.

A good source of Vitamin A, Vitamin C, Thiamin and Iron.

3 cups	cooked white pea beans	750 mL
1 cup	cooked brown rice	250 mL
1 cup	frozen corn, cooked	250 mL
1	sweet red pepper, diced	1
1	stalk celery, diced	1
1/2	red onion, diced	1/2
1	small jalapeno, minced (optional)	1
1/2 cup	chopped cilantro	125 mL
	cherry tomatoes (optional)	

Vinaigrette

2	juice of 2 limes	2
1/4 cup	vegetable oil	50 mL
1 tbsp	chili powder	15 mL
1 tsp	cumin	5 mL

In a large bowl, combine all salad ingredients. Set aside. To make the vinaigrette, combine the lime juice, vegetable oil, chili powder and cumin in a small jar with a tight-fitting lid. Shake well. Toss salad with dressing. Season with salt and pepper to taste. Garnish with additional cilantro and cherry tomatoes if desired.

Serves 6-8

Per Serving (1/8 recipe)

Energy	216 kcal
Protein	8 g
Fat	7 g
Carbohydrate	32 g
Dietary Fibre	7 g

(28% calories from fat)

Canadian Diabetes Association
Food Choice Value:
1/8 of recipe
(without optional ingredients)

1 1/2  + 1/2  +
1/2  + 1 





Bean and Red Potato Salad

An excellent source of Folate.
A good source of Vitamin C, Thiamin and Iron.

1 1/2 lbs	small red potatoes	750 g
3 cups	cooked white pea beans	750 mL
4	green onions, sliced	4
1	small sweet red pepper, diced	1
3 tbsp	white wine vinegar	45 mL
1 tsp	Dijon mustard	5 mL
1/4 cup	canola oil	50 mL
	salt and pepper	
2 tbsp	chopped parsley	25 mL

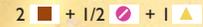
Cook the potatoes in a pot of salted water until tender. Drain and let cool. When potatoes are cool, cut in quarters and place in a large bowl. Add the cooked white pea beans, green onions and red pepper. In a small bowl, whisk together the vinegar and Dijon mustard. Slowly whisk in the canola oil. Season with salt and pepper to taste. Toss the salad with the dressing. Garnish with chopped parsley and serve.

Serves 8

Per Serving

Energy	236 kcal
Protein	8 g
Fat	6 g
Carbohydrate	38 g
Dietary Fibre	7 g
(24% calories from fat)	

Canadian Diabetes Association
Food Choice Value:
1/8 of recipe =



Bean and Fennel Salad

An excellent source of Vitamin C, Folate and Iron.

A good source of Vitamin A and Thiamin.

3 cups	cooked white pea beans	750 mL
1 cup	fennel (anise), diced (feathery bits removed)	250 mL
1 cup	snow peas, diced	250 mL
1	medium red pepper, diced	1
1/2 cup	dried apricots, diced	125 mL
1/4 cup	dried cranberries	50 mL
Raspberry Orange Dressing		
2 tbsp	raspberry vinegar	25 mL
2 tbsp	orange juice concentrate	25 mL
1 tbsp	honey	15 mL
1 tbsp	olive oil	15 mL
1	clove garlic, minced	1

In a large bowl combine white pea beans, fennel, snow peas, red pepper, apricots and cranberries; set aside. In a 1-cup (250 mL) measure combine vinegar, orange juice concentrate, honey, oil and garlic; mix well. Pour dressing over beans and vegetables; toss to coat. Cover and refrigerate for 1 hour or until ready to serve.

Serves 4-6

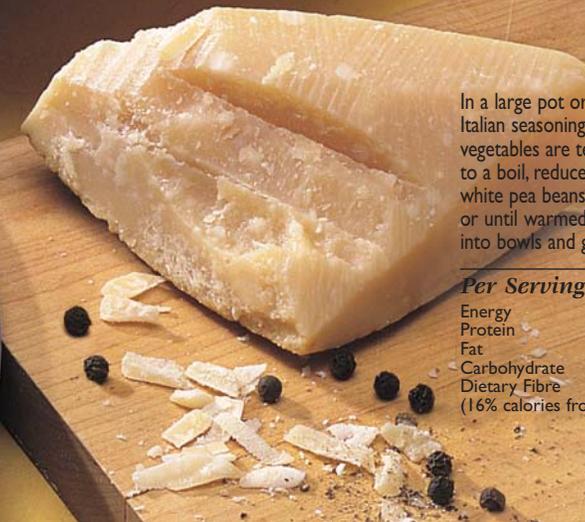
Per Serving (1/6 recipe)

Energy	240 kcal
Protein	10 g
Fat	3 g
Carbohydrate	45 g
Dietary Fibre	9 g

(11% calories from fat)

Canadian Diabetes Association
Food Choice Value:
1/6 of recipe =
1 1/2  + 1  +
1/2  + 1 





Pasta Fagioli Soup

*An excellent source of Folate.
A good source of Thiamin, Niacin and Iron.*

1 tbsp	olive oil	15 mL
3	cloves garlic, minced	3
2	stalks celery, finely chopped	2
1	medium onion, finely chopped	1
2 tbsp	fresh chopped parsley	25 mL
1 tsp	dried Italian seasoning	5 mL
1/4 tsp	crushed red pepper flakes	1 mL
1	can (10 oz/284 mL) chicken stock	1
1	can (19 oz/540 mL) pasta-style stewed tomatoes	1
2 cups	cooked white pea beans	500 mL
1 cup	cooked tubetti pasta, or other small shaped pasta	250 mL
	Salt and pepper	
	Grated parmesan cheese	

In a large pot or Dutch oven, heat oil. Add garlic, celery, onion, parsley, Italian seasoning, red pepper flakes; cook over medium-low heat until vegetables are tender. Add chicken broth and tomatoes. Bring mixture to a boil, reduce heat and simmer, covered for 25 to 30 minutes. Add white pea beans and cooked pasta; mix well. Cook 5 minutes longer or until warmed through. Season to taste with salt and pepper. Spoon into bowls and garnish with grated parmesan cheese. **Serves 4-6**

Per Serving (1/6 recipe) without parmesan

Energy	199 kcal	Canadian Diabetes Association
Protein	10.5 g	Food Choice Value:
Fat	4 g	1/6 of recipe =
Carbohydrate	33 g	1 1/2  + 1/2  + 1 
Dietary Fibre	6 g	

(16% calories from fat)

Southwest Baked Bean Soup

A good source of Niacin and Folate.

1 can	(14 oz/398 mL)	
	Beans & Tomato Sauce	
1	can (19 oz/540 mL)	
	stewed tomatoes	
1	can (12 oz/341 mL)	
	corn niblets, undrained	
1 cup	water	250 mL
1-1 1/2tsp	chili powder	5-7 mL
1/4 tsp	oregano	1 mL
1/4 tsp	allspice or cumin (optional)	1 mL
1/8 tsp	cayenne (optional)	0.5 mL
2	green onions, sliced	2
1/2 cup	light sour cream or yogurt (optional)	125 mL

In a medium size saucepan combine beans, tomatoes, corn, water, chili powder, oregano, allspice and cayenne. Bring to a boil; reduce heat and simmer about 10 minutes stirring occasionally. Taste and adjust seasonings. Spoon into serving bowls and sprinkle with green onions or top with a dollop of sour cream and garnish with green onions. Serve with nacho chips or whole grain bread and cheese for a complete meal.

Serves 4-6

Meat Alternative: Add 1 cup diced cooked ham.

Per Serving (1/4 recipe)

Energy	196 kcal
Protein	8 g
Fat	1 g
Carbohydrate	45.5 g
Dietary Fibre	11 g

(6% calories from fat)

Canadian Diabetes Association
 Food Choice Value:
 1/4 of recipe
 (without optional ingredients) =
 1 1/2  + 1  +
 1/2  + 1 



Gluten-Free Bread

(1 1/2 lb. bread maker)

Gluten-Free Flour Mix

1 part white rice flour
 1 part corn starch
 1 part tapioca flour
 1/2 part **white bean flour**

Dry Ingredients

3 cups	gluten-free flour mix	750 mL
2 tbsp	skim milk powder	25 mL
1 tbsp	sugar	15 mL
2 1/2 tsp	xanthan gum	12 mL
1 tsp	unflavoured gelatin	5 mL
1 tsp	salt	5 mL
2 1/4 tsp	instant yeast	11 mL

Wet Ingredients

1 1/3 cups	water	325 mL
1	large egg	1
2 tbsp	vegetable oil	25 mL
1 tsp	vinegar	5 mL
1 tbsp	molasses	15 mL

Place the wet ingredients into the baking pan of the bread maker. Then place the dry ingredients in the pan, leaving the yeast for last. Select the Quick/or Rapid program. Press start. With rubber spatula, scrape down any dry ingredients on the sides of the pan, without touching the kneading blade, until dry ingredients are wet. This facilitates the mixing and must be done during the first few minutes the machine is on. Close the lid during the baking cycle. Once the machine beeps and the "complete" light is on, press the reset button. With oven mitts, grasp handle and remove pan. Turn pan upside down, shake gently to loosen bread. Place top side down on wire rack to cool. Slice the bread and keep refrigerated. **Makes 1 loaf**

Variations: Flax seed may be added to enhance the nutritional value of the bread. Amount recommended from 1 1/2 to 2 tablespoons. If desired, part of the water can be replaced with egg white.

*A Gluten-Free Bread Mix is also available which has all dry ingredients (except instant yeast) already mixed together! Call Grain Processors for more information at 1-800-387-5292 or 416-291-3226.

GRAIN PROCESS ENTERPRISES LTD.
 Telephone: 1-416-291 3226 or 1-800-387 5292

Per Serving (1/10 recipe)

Energy	207 kcal
Protein	4 g
Fat	3 g
Carbohydrate	41 g
Dietary Fibre	2 g
(14% calories from fat)	

Canadian Diabetes Association
 Food Choice Value:
 1/10 of recipe =

2 1/2  + 1/2 

Potatoes with Saucy Mexican Topper

An excellent source of Thiamin and Niacin.
A good source of Vitamin A, Folate and Calcium.

Potatoes

6	large potatoes	6
1/2 cup	milk	125 mL
1/4 cup	butter or margarine	50 mL
1/2 tsp	salt	2 mL

Saucy Mexican Topping

1	can (14 oz/398 mL)	1
Beans in Tomato Sauce		
1 1/2 cups	prepared salsa, mild or hot	375 mL
1/2 tsp	ground cumin	2 mL
1/2 cup	shredded Monterey Jack cheese	125 mL
2	green onions, finely chopped	2

Preheat oven to 350°F (180°C). Place potatoes in oven and bake for 1 hour or until tender. Remove and let cool slightly. Scoop out potato mixture, reserving skins. In a bowl, mash together potato, milk, butter or margarine and salt until creamy. Place mashed mixture back into skins. In a saucepan, add beans in tomato sauce, salsa and cumin; cook over medium heat 8 to 10 minutes, stirring occasionally or until heated through. Spoon bean mixture over top of potatoes. Sprinkle with cheese and onions. **Serves 4-6**

Alternative: In a large pot of boiling, salted water, cook peeled and chopped potatoes until tender, about 15 to 20 minutes. Drain cooking water and mash potatoes. Add milk, butter or margarine and salt. Mash potatoes until creamy. Place mashed potatoes on a plate and spoon bean mixture overtop. Sprinkle with cheese and onions.

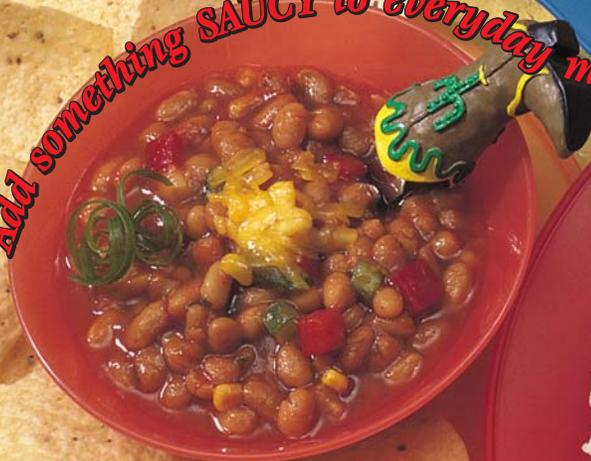
Per Serving (1/4 recipe)

Energy	487 kcal
Protein	15 g
Fat	16 g
Carbohydrate	77 g
Dietary Fibre	14 g
(28% calories from fat)	

Canadian Diabetes Association	
Food Choice Value:	
1/4 of recipe =	
3 1/2	■ + 1/2
1	■ + 2 1/2



Add something SAUCY to everyday meals!





Heinz



Per Serving

Energy 391 kcal
 Protein 15 g
 Fat 12 g
 Carbohydrate 60 g
 Dietary Fibre 10 g

(26% calories from fat)

Canadian Diabetes Association

Food Choice Value:

1/4 of recipe =

3 + 1/2 +

1 + 1 1/2

Saucy Joes

An excellent source of Thiamin and Niacin.

A good source of Riboflavin, Folate, Calcium and Iron.

1 tbsp	olive oil	15 mL
1	onion, finely chopped	1
2	stalks celery, finely chopped	2
1	clove garlic, minced	1
1	can (14 oz/398 mL)	1
	Beans in Tomato Sauce	
1/4 cup	ketchup or barbecue sauce	50 mL
2 tsp	chili powder	10 mL
1/2 tsp	dried oregano	2 mL
4	kaisers, split and toasted	4
1/2 cup	grated cheddar cheese	125 mL

In a large non-stick skillet, heat oil over medium-high heat. Add onion, celery and garlic; saute 3 to 4 minutes or until vegetables are tender. Reduce heat to medium, add beans, ketchup, chili powder and oregano. Cook, stirring often, for 5 minutes or until through. Spoon bean mixture onto one half of toasted kaiser bun. Top with one quarter of grated cheddar and place top half of kaiser over cheese. Serve immediately.

Serves 4

Quick Saucy Bean Bake

An excellent source of Calcium.

1	can (14 oz/398 mL)	1
	Beans in Tomato Sauce	
1 cup	prepared salsa, medium or hot	250 mL
1 cup	grated Monterey Jack cheese	250 mL
2	green onions, chopped	2
	nacho chips or flour tortillas (optional)	

In a shallow, oven proof baking dish, combine beans in tomato sauce and salsa. Sprinkle with grated Monterey Jack cheese. Place in a preheated 375°F (190°C) oven for 20 minutes, or until the mixture is heated through and the cheese is melted. Sprinkle with chopped green onion and serve with nacho chips or flour tortillas. **Serves 4**

Per Serving

Energy 226 kcal
 Protein 13 g
 Fat 10 g
 Carbohydrate 26 g
 Dietary Fibre 10 g

(38% calories from fat)

Canadian Diabetes Association

Food Choice Value:

1/4 of recipe (without nacho chips or tortillas) =

1 + 1 1/2 + 1



Beany Pita Pizza

An excellent source of Thiamin, Niacin and Calcium.

A good source of Riboflavin and Folate.

6	pita breads (6-inch/15-cm diameter)	6
1	can (14 oz/398 mL) Beans in Tomato Sauce	1
1/2 cup	sliced mushrooms	125 mL
1/3 cup	sliced green, red or yellow peppers	75 mL
3	plum tomatoes, seeded and chopped	3
1/3 cup	black olives, pitted and sliced (optional)	75 mL
1/2 tsp	dried oregano leaves	2 mL
2 cups	shredded mozzarella cheese	500 mL

Spread each pita bread with beans in tomato sauce. Sprinkle with mushrooms, peppers, tomatoes, olives and oregano. Top with cheese. Place on large baking sheet. Bake at 400°F (200°C) for 10 to 12 minutes.

Serves 6

Variation: Have children create their own with their favourite pizza toppings!

Meat Alternative: Add 2 thin pepperoni (3/4-inch/2-cm diameter), sliced

Per Pizza

Energy	349 kcal
Protein	17 g
Fat	10 g
Carbohydrate	50 g
Dietary Fibre	7 g

(26% calories from fat)

Canadian Diabetes Association
Food Choice Value:
1/6 of recipe
(without optional ingredients)

1 1/2  + 1 1/2  + 1/2 
+ 2  + 1 





Bean Burgers

An excellent source of Folate.
A good source of Thiamin and Iron.

1 tbsp	canola oil	15 mL
2 cups	corn meal	500 mL
1/2 cup	cooked white pea beans , mashed	125 mL
1/2 cup	brown rice, cooked	125 mL
1	sunflower seeds, coarsely chopped	1
1/2 cup	prepared chunky salsa, mild or hot	125 mL
1	green onion, chopped	1
1 tbsp	canola oil	15 mL
1 tbsp	chili powder	15 mL

Preheat oven to 375°F (190°C). Brush a cookie sheet with canola oil and dust with the cornmeal. Set aside. In a medium bowl, combine all ingredients and mix thoroughly. Divide the mixture into six portions. On a piece of wax paper or foil, shape each portion into a round or oblong patty. Pick up wax paper and flip patty onto baking sheet. Repeat with remaining mixture. Bake for 35 to 40 minutes, or until golden. To serve, wrap in a tortilla and top with salsa and freshly chopped cilantro (coriander).

Makes 6

Per Burger Patty

Energy	191 kcal
Protein	8 g
Fat	8 g
Carbohydrate	24 g
Dietary Fibre	6 g
(35% calories from fat)	

Canadian Diabetes Association Food Choice Value: 1 burger (1/6 of recipe) =
1  + 1/2  +
1  + 1 

--Shepherd's Pie

An excellent source of Thiamin, Niacin, Folate and Iron.

A good source of Riboflavin.

1 tbsp	olive oil	15 mL
8 oz	mushrooms, finely chopped	250 g
1	medium onion, finely chopped	1
3	cloves garlic, minced	3
3 tbsp	all-purpose flour	45 mL
1 1/2 cups	beef or vegetable stock	375 mL
3 tbsp	tomato paste	45 mL
2 tbsp	Worcestershire sauce	25 mL
4 cups	cooked white pea beans	1 L
1 tsp	dried thyme	5 mL
1/2 tsp	dried marjoram	2 mL
	salt and pepper	
1	can (12 oz/341 mL)	1
	corn niblets, drained	
6	medium potatoes, peeled and cubed	6
3/4 cup	buttermilk or milk	175 mL
2 tbsp	butter or margarine	25 mL
1/4 tsp	paprika	1 mL

In a large non-stick skillet, heat oil. Add mushrooms, onion and garlic; sauté 5 to 7 minutes or until liquid has evaporated and vegetables are softened. Sprinkle with flour; stir in stock, tomato paste, Worcestershire sauce, white pea beans, thyme and marjoram. Bring to a boil; reduce heat and simmer, covered for 8 minutes. Season with salt and pepper to taste. Spread bean mixture in an 8-cup (2 L) casserole dish and layer with corn. Meanwhile, in a large saucepan of boiling, salted water, cook potatoes until tender. Drain and mash. Add buttermilk and butter; season with salt and pepper to taste. Place spoonfuls of potato over corn and spread evenly. (Recipe can be prepared up to this point, covered and refrigerated for up to one day). Bake in a 350°F (180°C) oven for 30 to 40 minutes (45 to 60 minutes if refrigerated) or until filling is bubbling. **Serves 6**

Per Serving

Energy	428 kcal
Protein	18 g
Fat	7.5 g
Carbohydrate	75 g
Dietary Fibre	12 g
(15% calories from fat)	

Canadian Diabetes Association

Food Choice Value:

1/6 of recipe =

3 1/2  + 1  +

1 1/2  + 1/2 





Vegetarian Bean Chili

An excellent source of Vitamin A, Vitamin C, Thiamin, Folate and Iron. A good source of Niacin.

1 tbsp	canola oil	15 mL
2	stalks celery, finely chopped	2
2	medium onions, diced	2
2	cloves garlic, minced	2
2	medium carrots, diced	2
1	red pepper, finely chopped	1
1	zucchini, finely chopped	1
2	cans (28 oz/796 mL) diced tomatoes	2
1	can (5 1/2 oz/156 mL) tomato paste	1
2 tbsp	chili powder	25 mL
1 tsp	ground cumin	5 mL
1 tsp	salt	5 mL
1/2 tsp	ground pepper	2 mL
1/4 tsp	cayenne pepper (optional)	1 mL
4 cups	cooked white pea beans	1 L
1 cup	frozen corn niblets	250 mL
	light sour cream (optional)	

In a Dutch oven or large pot, heat oil. Add celery, onion, garlic, carrots, red pepper and zucchini; sauté over medium heat about 7 to 8 minutes or until vegetables are tender. Add tomatoes, tomato paste, chili powder, cumin, salt, pepper and cayenne; stir to combine. Add white pea beans and corn; bring mixture to a boil, reduce heat, and simmer over medium-low heat 30 to 45 or until thickened. Spoon into individual serving bowls and top with a dollop of sour cream. **Serves 6-8**

Meat Alternative: Add cooked ground beef or ground chicken.

Per Serving (1/8 recipe)

Energy	264 kcal	Canadian Diabetes Association
Protein	13 g	Food Choice Value:
Fat	4 g	1/8 of recipe
Carbohydrate	50 g	(without optional ingredients) =
Dietary Fibre	12 g	1 1/2 + 1 + 1
(11% calories from fat)		

Comfy Baked Beans

An excellent source of Folate, Calcium and Iron.

A good source of Thiamin and Niacin.

3 cups	dry white pea beans	750 mL
1/4 lb	bacon, diced (optional)	125 g
1	can (28 oz/798 mL) tomatoes, undrained and chopped	1
2	large onions, finely chopped	2
3/4 cup	ketchup	175 mL
3/4 cup	fancy molasses	175 mL
1/4 cup	packed brown sugar	50 mL
1 tbsp	Dijon mustard	15 mL
1/2 tsp	salt	2 mL
1/4 tsp	pepper	1 mL

Rinse and sort beans. In a large Dutch oven or stockpot, cover beans with 3 times their volume of water. Bring to a boil for 2 minutes.

Remove from heat, cover and stand for 1 hour. Drain, discarding liquid. Return soaked beans to pot along with 3 times their volume of fresh water. Bring to a boil; reduce heat and simmer, covered to 30 to 45 minutes or until tender. Drain, reserving 2 cups (500 mL) cooking liquid. In an oven proof casserole combine cooked beans, reserved cooking liquid, bacon, tomatoes, onions, ketchup, molasses, sugar, mustard, salt and pepper. Cover and bake at 300°F (150°C) oven for 2 1/2 hours. Uncover and bake for 1 to 1 1/2 hours longer or until sauce is thickened and coats beans well. **Makes about 10 cups**

Crockpot Version: Follow directions for soaking and cooking beans as above. Reduce reserved cooking liquid to only 1 cup (250 mL). Place cooked beans and remaining ingredients into crockpot. Cover and cook on LOW 8 to 10 hours.

Alternative: Prepare with precooked beans and bake.

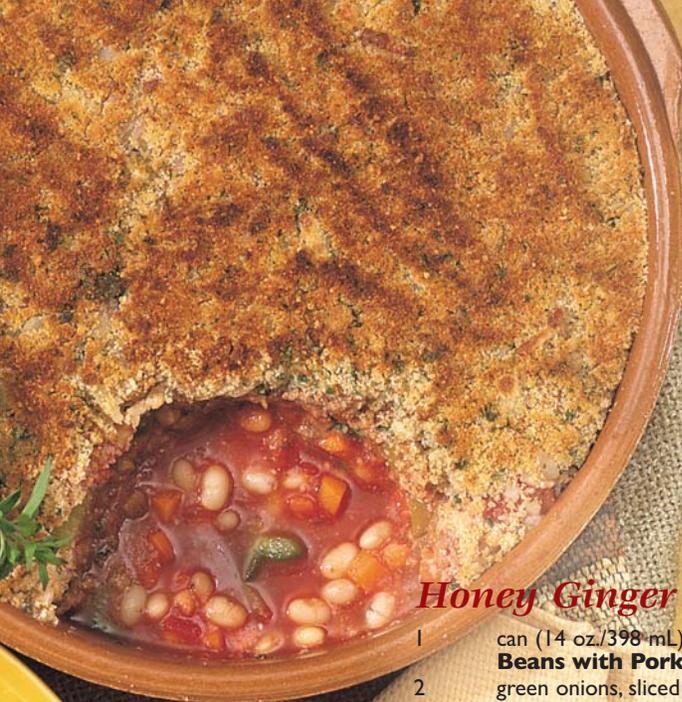
Per Serving (1/10 recipe)

Energy	336 kcal
Protein	15 g
Fat	1 g
Carbohydrate	69 g
Dietary Fibre	12 g

(4% calories from fat)

Canadian Diabetes Association
Food Choice Value:
1/10 of recipe
(without optional ingredients) =
2 ■ +1/2 ■ +2 ■ * +1 1/2 ■





Honey Ginger Baked Beans

1	can (14 oz/398 mL)	1
	Beans with Pork in Tomato Sauce	
2	green onions, sliced	2
1	tblsp liquid honey	15 mL
2	tblsp prepared mustard	10 mL
1/2	tsp ground ginger	2 mL

In 1-quart (1 L) casserole, combine all ingredients. Bake covered, at 375°F (190°C) for 20 to 25 minutes. **Serves 4**

Per Serving

Energy	135 kcal
Protein	6 g
Fat	2 g
Carbohydrate	27 g
Dietary Fibre	6 g
(11% calories from fat)	

Per Serving (1/8 recipe)

Energy	359 kcal
Protein	17 g
Fat	11 g
Carbohydrate	50 g
Dietary Fibre	10 g
(28% calories from fat)	

Canadian Diabetes Association
Food Choice Value:
1/8 of recipe =

2 + 1 + 2 + 1



Italian Baked Beans

An excellent source of Vitamin A, Thiamin, Niacin, Folate and Iron. A good source of Vitamin C, Riboflavin and Calcium.

2	tblsp	canola oil	25 mL
2		medium carrots, peeled and diced	2
2		stalks celery, finely chopped	2
2		cloves garlic, minced	2
1		onion, finely chopped	1
1		green pepper, finely chopped	1
1		can (28 oz/798 mL) diced tomatoes	1
1		can (5 1/2 oz/156 mL) tomato paste plus one can water	1
1	tsp	EACH dried basil, oregano and granulated sugar	5 mL
		pinch hot pepper flakes	pinch
1/2	tsp	salt	2 mL
1/4	cup	Parmesan cheese, divided	50 mL
4	cups	cooked white pea beans	1 L
1	cup	shredded mozzarella cheese	250 mL
1	cup	fine dry breadcrumbs	250 mL
1/4	cup	chopped fresh parsley	50 mL
2	tblsp	butter or margarine, melted	25 mL

In a large pot or Dutch oven, heat oil. Add carrots, celery, garlic, onion and green pepper; sauté 6 to 8 minutes or until vegetables are tender. Add tomatoes, tomato paste, water, basil, oregano, sugar, hot pepper flakes, salt and 2 tblsp (25 mL) of the Parmesan cheese. Bring mixture to a boil, reduce heat and simmer approximately 20 to 25 minutes or until thickened. Stir in white pea beans; cook 15 minutes longer. Transfer mixture to a lightly greased 9 x 13-inch (3 L) baking pan. Sprinkle top of bean mixture with mozzarella. In a small bowl, combine breadcrumbs, parsley, butter or margarine and remaining Parmesan cheese. Sprinkle breadcrumbs mixture evenly over top of casserole. Bake in a 375°F (190°C) oven for 20 to 30 minutes or until bubbling. **Serves 6-8**

Meat Alternative: Add Italian sausage or ham to mixture before baking.



Banana Bean Muffins

1 cup	all-purpose flour	250 mL
3/4 cup	whole wheat flour	175 mL
1 tbsp	baking soda	15 mL
1/4 tsp	salt	1 mL
2	eggs	2
3	ripe bananas, mashed	3
1/4 cup	honey	50 mL
1/4 cup	brown sugar	50 mL
1 cup	well-cooked white pea beans , pureed	250 mL
1 tsp	vanilla	5 mL
2/3 cup	buttermilk	150 mL
1/2 cup	chopped walnuts, pecans or chocolate chips	125 mL

Grease a 12-cup muffin pan and dust with flour. In a bowl sift together flours, baking soda and salt. In a separate bowl, beat the eggs. Add mashed bananas, honey, brown sugar, white pea beans, vanilla and buttermilk; mix well. Make a well in the centre of flour mixture and pour in banana mixture; fold just until combined. Gently stir in nuts or chocolate chips. Pour batter into prepared baking pan. Bake in a preheated 350°F (180°C) oven for 30 to 35 minutes. Place pan on a rack and let cool. **Makes 12 muffins**

Alternative: For a cake, pour into 9 x 13-inch (3 L) prepared baking pan and bake.

Per Muffin

Energy	202 kcal
Protein	7 g
Fat	4.5 g
Carbohydrate	35.5 g
Dietary Fibre	3 g
(20% calories from fat)	

Canadian Diabetes Association
Food Choice Value:
1/12 of recipe (with walnuts) =
1  + 1/2  + 1  +
1/2  + 1/2 





Snackin' Bean Cake

1/2 cup	butter or margarine	125 mL
1 cup	granulated sugar	250 mL
1	egg, lightly beaten	1
2 cups	well-cooked white pea beans , mashed or pureed	500 mL
1 tsp	vanilla	5 mL
1 cup	all-purpose flour	250 mL
1 tsp	baking soda	5 mL
1 tsp	cinnamon	5 mL
1/2 tsp	ground allspice	2 mL
1/2 tsp	salt	2 mL
1/4 tsp	ground cloves	1 mL
1 cup	golden raisins	250 mL
1/2 cup	chopped pecans	125 mL
2	apples, peeled and grated	2

Preheat oven to 375°F (190°C). Grease a bundt pan or 9 x 13-inch (3 L) baking pan. In a bowl, cream butter and sugar together; add egg and mix well. Stir in mashed white pea beans and vanilla. In a separate bowl, sift together flour, baking soda, salt, cinnamon, cloves and allspice. Add the raisins, pecans and apples; stir to coat. Pour flour mixture into the creamed mixture and stir until just combined. Spoon into prepared baking dish. Bake in preheated oven for 45 minutes or until golden brown on top and toothpick inserted in centre comes out clean.

Serves 15-18

Per Serving (1/18 recipe)

Energy	215 kcal
Protein	4 g
Fat	8 g
Carbohydrate	33 g
Dietary Fibre	3 g
(33% calories from fat)	

Canadian Diabetes Association	
Food Choice Value:	
1/18 of recipe =	
1	■ + 1/2 +
1	* + 1 1/2

Bean and Coconut Pie

1 cup	well-cooked white pea beans	250 mL
2	eggs	2
1/2 cup	granulated sugar	125 mL
1 tsp	vanilla extract	5 mL
1/2 cup	butter or margarine, melted	125 mL
1/2 cup	flaked coconut, toasted	125 mL
1	9-inch unbaked deep-dish pie shell	1

In a blender or food processor, add white pea beans, eggs, sugar, vanilla and butter; process 1 to 2 minutes until smooth. Sprinkle half of the toasted coconut on the bottom of the pie shell. Pour in bean mixture and sprinkle with remaining coconut. Bake in a 350°F (180°C) oven for 1 hour or until set.

Makes 1 pie

To Toast Coconut: Spread coconut on a baking sheet. Bake in a 350°F (180°C) oven for 6 to 8 minutes or until lightly toasted and fragrant, stirring once during cooking.

Alternative: Fill tart shells and bake for 30 to 45 minutes or until set.

Per Serving (1/8 recipe)

Energy	348 kcal
Protein	5 g
Fat	22.5 g
Carbohydrate	32 g
Dietary Fibre	2 g

(58% calories from fat)

Canadian Diabetes Association
Food Choice Value:

1/8 of recipe =

1  + 1  +

1/2  + 4 





Chocolate Chip Bean Cookies

(Recipe derived from the Lentil Cookie Recipe,
Ontario Ministry of Agriculture, Food & Rural Affairs,
Community Food Advisor Resource Manual)

1/2 cup	margarine or butter	125 mL
1/2 cup	unsweetened applesauce	125 mL
1 cup	brown sugar	250 mL
1 cup	well-cooked white pea beans	250 mL
1 tsp	vanilla	5 mL
2	eggs	2
1 1/2 cup	all-purpose flour	375 mL
1 cup	quick cooking rolled oats	250 mL
1 tsp	baking soda	5 mL
1/2 tsp	salt	2 mL
1/2 tsp	cinnamon	2 mL
2 cups	chocolate chips	500 mL

Preheat oven to 375°F (190°C). Puree white pea beans in food processor. Cream together margarine, applesauce, sugar and pureed white pea beans. Stir in vanilla and beaten eggs. Combine dry ingredients and stir into bean mixture. Mix in chocolate chips. Drop from spoon onto greased cookie sheets. Bake in 375°F (190°C) oven, 12 to 14 minutes.

Makes 4 dozen

Per Cookie (1/48 recipe)

Energy	105 kcal
Protein	2 g
Fat	5 g
Carbohydrate	15 g
Dietary Fibre	1 g
(38% calories from fat)	

Canadian Diabetes Association
Food Choice Value:
1 cookie (1/48 of recipe) =
1/2 ■ + 1/2 * + 1 ▲



A Thriving Industry

Ontario white pea beans can contribute to your good health and to the well-being of our province. Ontario has a worldwide reputation as one of the finest producers of high quality white pea beans, a reputation which is the result of a concerted team effort.

The research, production, processing transportation and packaging sectors of the Ontario bean industry all work together to set and maintain strict quality standards for Canadian and international markets. The driving force behind this effort is the Ontario White Bean Producers, representing up to 2,000 Ontario white pea bean growers.

The Ontario White Bean Producers thanks you for your interest and knows you will find healthy eating can be exciting, intriguing and extremely delicious using the Ontario white pea bean!

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