

Nutrition Tip of the Week: Legumes



Hello CSUSM Athletes!

This week we are talking about legumes! Legumes are edible seeds enclosed in pods, and are a family of plants that include beans, peas, lentils, peanuts, lupins, and pulses, which are the dried seed of legumes. Infact, there are thousands of different species of legume plants found around the world. They come in a variety of shapes, sizes, colors and can be consumed in different forms like split, dried, canned, ground into flours, cooked or frozen whole. Legumes are an economical food that are filled with nutrients that are important for athletes, and for an everyday balanced diet.

Legumes are an excellent source of carbohydrates and high in fiber- meaning they will be broken down more slowly, keep you fuller for longer, and provide substantial immediate energy for your muscles for longer periods of time. Legumes are also high in protein, making them a food to help you recover injured tissue after practices and games and make an ideal substitute for meat as they are also low in saturated fat. In addition, they are packed with antioxidants and other important vitamins and minerals such as B-vitamins, iron, calcium, zinc, magnesium, and phosphorus that will help keep you healthy, energized, and performing at your best! These nutritional benefits have lead legumes to become promoted as a “superfood” for athletes. Check out the infographics below on the types of legumes to choose from and ideas on ways to bring them onto your plate!

EXAMPLES OF LEGUMES

ADZUKI BEANS

CHICKPEAS

PEANUTS

SPLIT PEAS

FAVA BEANS

KIDNEY BEANS

CANNELLINI BEANS

LUPIN

SOYBEANS & EDAMAME

BLACK-EYES PEAS

RED, GREEN OR BROWN LENTILS





TIPS FOR INCLUDING MORE LEGUMES IN YOUR DAILY MEALS

- 1 ADD THEM INTO A CHILI
- 2 MAKE FALAFELS FOR GREEK DISHES
- 3 LENTIL AND/OR BEAN SALADS
- 4 ADD BEANS AND LENTILS INTO CASSEROLES
- 5 ROAST CHICKPEAS FOR A YUMMY PROTEIN-POWDER SNACK
- 6 USE FOUR BEAN MIXES AS A SALAD BASE AND ADD LOTS OF VEGETABLES AND A LITTLE OIL-BASED DRESSING
- 7 LENTIL SOUPS, ADD INTO VEGETABLE SOUPS, LENTIL MEATLOAF, OR ENJOY ALONE

8 ADD CHICKPEAS OR SOYBEANS TO STIR-FRY DISHES OR MAKE THEM INTO A HUMMUS

9 TOSS LENTILS OR BEANS INTO YOUR TACOS OR AS A MEAT SUBSTITUTE ON BURRITO BOWLS

10 BEANS AND LENTILS MAKE AN EXCELLENT PATTY FOR BURGERS AND MEATBALLS

11 PUREE BEANS FOR DIPS AND SPREADS WITH CRACKERS OR BREAD

12 BEANS, SUCH AS RED KIDNEY BEANS OR SOYBEANS ARE A GREAT INCLUSION TO SALADS, LASAGNA, TACOS OR TACO SALADS

13 SMALL TINS OF BAKED BEANS MAKE A GREAT SNACK, A DELICIOUS BREAKFAST SERVED ON TOAST OR A GREAT ADDITION TO A TOASTED SANDWICH



ENJOY!

Four Bean Salad Recipe

Prep time: 10 min

Optional marinade & refrigerate: 1 hour+

Makes: 12 servings

Ingredients:

- 1 can pinto beans
- 2 cans green beans
- 1 can red kidney beans
- 1 can garbanzo beans (chickpeas)
- 1 small onion finely diced
- 1/4 cup unrefined sugar
- 1 teaspoon black pepper
- 1/2 cup vinegar (distilled white or apple cider)
- 1/4 cup extra virgin olive oil
- Fresh cilantro, *optional*



Directions:

1. Open all the cans and empty the beans into a colander in the sink. Rinse.
2. In a small jar or bowl, combine sugar, black pepper, vinegar and olive oil. Shake or whisk to combine.
3. Add all ingredients to a large container, ideally one that has a leak-proof lid and stir to combine.
4. Enjoy immediately or refrigerate and marinate beans in dressing for at least a few hours (overnight is best) for more flavor. Serve cold.

This easy four bean salad recipe is a wonderful and refreshing snack or side dish. This cold salad makes a perfect after-practice snack as beans are high protein and offer healthy fat sources. Protein is important to consume after training and games to help rebuild tissues like muscles that worked hard while you were playing. Fat is also important to consume after training to help replenish used energy stores and acts as a long-term fuel source. All these beans are rich in antioxidants that help boost your immunity to keep you healthy, strong and playing your best. The beans are also excellent sources of complex carbohydrates—meaning they are packed with fiber, take longer to digest, and help regulate healthy blood sugar levels.

This recipe was adapted from: <https://eatingrules.com/four-bean-salad/>