



UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES



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Cooperative Extension Service

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Cooperative Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
NEP Assistant
(Nutrition Education Program)

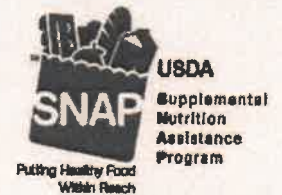
February 2025
Nutrition
Education
Program
Calendar Recipe

Cauliflower Bites

Prep Time: 15 minutes
Cook Time: 19 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving Size: 1/2 cup bites
Cost per recipe: \$3.87
Cost per serving: \$0.48

Nutrition facts per serving:

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri,
Fayette County NEP
Assistant Senior,
University of Kentucky
Cooperative Extension

Sizzling Chicken and Rice



Servings: 4

Serving Size: 1 cup chicken & vegetables and 1/2 c rice

Serve this Chinese style pineapple chicken over rice for an easy dinner that everyone will love!

Ingredients:

- 1 tablespoon Cornstarch
- 2 tablespoons reduced sodium soy sauce
- 2 tablespoons Vinegar
- 2 teaspoons ketchup
- 1/2 teaspoon garlic powder or 1 clove garlic, minced
- 1/4 cup water
- 1 tablespoon vegetable oil
- 16 ounces skinless, boneless chicken, cut into 1/2-inch pieces
- 3 cups chopped raw vegetables (such as broccoli florets, red bell pepper, carrots, onion, etc.)
- 8 ounces canned pineapple chunks, with juice
- 2 cups, cooked rice.



Directions:

1. In a small bowl, add cornstarch and stir in next 6 ingredients. Mix to combine.
2. Set bowl of sauce mixture aside.
3. In a large skillet over medium-high heat, add oil and heat. Place the chicken in the pan and cook until done, about 5 to 6 minutes. Push chicken to the side of the skillet.
4. Add vegetables and sauté until slightly tender. Push vegetables to the side of the skillet.
5. Pour sauce mixture into the center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens.
6. Add pineapple and juice to the skillet and stir to combine all ingredients.
7. Reduce to medium-low heat and cover with lid. Continue cooking for five minutes. Serve immediately over cooked brown rice.

Notes:

For a quick version of this meal, substitute 1/2 cup prepared sweet and sour sauce for the first 7 ingredients and use a 16 ounce bag of frozen stir-fry veggies in place of the fresh vegetables.

Source: Rosie Allen, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky, Cooperative Extension Service

Nutrition facts per serving: 440 calories; 8g total fat; 1g saturated fat; 0g trans fat; 75mg cholesterol, 540mg sodium; 60g carbohydrate; 5g fiber; 19g sugar; 31g protein, 80% Daily Value of vitamin A; 130% Daily Value of Vitamin C; 4% Daily value of calcium; 10% Daily value of iron

Extension Homemaker Club Meetings 2025



Busy Bees - February 6th @ 1:00 p.m. - Downstairs Meeting Room
Country Charmers - February 6th @ 5:30 p.m. - Downstairs Meeting Room
Sunnybrook - February 6th @ 6:30 p.m. - Downstairs Meeting Room
Pots & Pans - February 10th @ 6:00 p.m. - Downstairs Meeting Room
Charity - February 11th @ 5:00 p.m. - New Charity Baptist Church
Crafter's Anonymous - February 12th @ 1:00 p.m. - Downstairs Meeting Room
Odds 'N Ends - February 13th @ 12 noon - Downstairs Meeting Room
Creative Characters - February 18th @ 12:30 p.m. - Downstairs Meeting Room
Happy Chippers - February 20th @ 12:30 p.m. - Downstairs Meeting Room
Mudslingers - February 24th - Assigned Appointments Only-Contact Seth Hart
Mudslingers - February 25th @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



**KEHA ~ Roll Call & Thought for the Day
February 2025**



**Thought for the Day:
"On your marks, get set, go"
Bicycle Race
Queen 1978**

**Roll Call: Have you ever participated in a race or contest?
What happened?**

NOTE: Following this year's Blazing the Way theme, the suggested thoughts for the day come from lyrics to songs about transportation or travel from the 1960s to the 2000s.



**Blood Drive!
February 25, 2025
Aspire Center
Crafter's Anonymous ~ 12:30-3:00 p.m.
Busy Bees ~ 3:00-5:30 p.m.**

February Events

FEBRUARY
11

**Jams & Jellies Class @ 10 a.m.
Upstairs Mtg. Room**

FEBRUARY
21

**In-Stitches Class @ 10 a.m.
Downstairs Mtg. Room**

FEBRUARY
24

**Homemaker Executive Council
Mtg. @ 12 Noon - Board Room**

FEBRUARY
24

**Wayne Co. Homemaker Council
Mtg. @ 6 p.m. - Downstairs Room**

FEBRUARY
26

**Homemaker Leader Lesson ~
“People Learn with Purpose”
@ 10 a.m.
Downstairs Meeting Room**

**“February is the border between
winter and spring.”
— Terri Guillemets**

Upcoming Events

MARCH EVENTS

- March 4 - Wayne Co. Homemaker Cultural Arts Contest - Entry Day from 9 a.m. to 1:00 p.m. - Upstairs Meeting Room
- March 5 - Cultural Arts Viewing 8 a.m.-12 noon - Pick up items after 12 noon.
- March 11 - LCA HM Cultural Arts Contest - Green Co.
- March 13 - LCA HM Executive Council Meeting - Upstairs Meeting Room
- March 18 - Pressure Canning Class @ 9 a.m. - Upstairs Meeting Room
- March 21 - In-Stitches Sit & Sew Class @ 10 a.m. - Downstairs Meeting Room
- March 24 - CEC/District Board Meeting @ 5:30 p.m. - Upstairs Meeting Room
- March 26 - Indoor Air Quality Class @ 10 a.m. - Downstairs Meeting Room

APRIL EVENTS

- April 7 - HM Spring Council Meeting @ 6 p.m. - Downstairs Meeting Room
- April 23 - Gardening Safety & Other Fun Garden Stuff @ 10 a.m. - Downstairs
- April 25 - In-Stitches Class @ 10 a.m. - Downstairs Meeting Room
- April 28-May 1 - Jabez Quilt Seminar - Cave City

MAY EVENTS

- May 5-8 - KEHA State Meeting - Hyatt Regency in Lexington
- May 15 - LCA HM Annual Meeting - Clinton Co.
- May 16 - In-Stitches Class @ 10 a.m. - Downstairs Meeting Room
- May 19-20 - Feather Weight Class @ 10 a.m. or 6 p.m. - Downstairs Meeting Room
- May 26 - Office Closed for Memorial Day
- May 28 - Using Your Air Fryer @ 10 a.m. - Downstairs Meeting Room

UPCOMING CLASSES - 10:00 A.M. - Downstairs Meeting Room

- February 26 - People Learn with Purpose: Understanding Learning Styles
- March 26 - Indoor Air Quality
- April 23 - Gardening Safety
- May 28 - Using Your Air Fryer

Extension Homemakers: Please have one representative from your homemaker club to attend these classes.

JAMS & JELLIES CLASS

Wayne County Extension Office

Upstairs Meeting Room

Tuesday, February 11, 2025

10:00 a.m.

Registration Fee \$10.00 (Prepaid)



**Spots are limited.
Please call
606-348-8453 to RSVP
by February 5th.**

An Equal Opportunity Organization.



DO YOU KNOW *Your Learning Style?*

We are always learning! Do you know your learning style? Join FCS Agent, Christy Stearns, at the Wayne County Extension Office to learn about how we all learn differently! Please call to RSVP by February 17th.

FEB. 26TH
@ 10 AM

606-348-8453 www.wayne.ca.uky.edu

AN EQUAL OPPORTUNITY EMPLOYER.



The next class has been scheduled for Friday, February 21, 2025, at 10:00 a.m. ET. In this class, we will be working on Part II of the "Love Spools" project. Please arrive by 9:30 a.m. to start setting up your sewing station. Please register so we can be prepared for you.

Cultural Arts & Heritage Creative Writing Contest

State Homemakers have a creative writing contest each year. If you write poetry, memoirs, or short stories, please submit those to the Extension Office no later than February 21, 2025. Entries are open only to members of KEHA. Guidelines and entry forms can be picked up from the Wayne County Extension Office.



2024-2025 Cultural Arts Exhibit Categories

Entry Day - Tuesday, March 4, 2025 - 9 a.m.-1 :00 p.m. - Upstairs Meeting Room

Pick Up Day - Wednesday, March 5, 2025 - After 12 noon.

Lots of talent in Wayne County!! Extension Homemakers please finish your projects and bring your items to the Cultural Arts Event at the Wayne County Extension Office. Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years. Members who have paid their dues by the December 2024 deadline date are eligible to participate. Rules are available at the Extension Office.

Categories and Subcategories

- 1. SEWING (Apparel & Home Decor)**
 - a. Basic Garment APPAREL
 - b. Specialty¹ Garment APPAREL
 - c. Accessory APPAREL
 - d. Basic HOME DECOR
 - e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include appliqued and quilted.
- 2. ART, 3-Dimensional**
 - a. Carving
 - b. Sculpture
- 3. ART, NATURAL**
 - a. Wood
 - b. Other
- 4. ART, RECYCLED (Include a before picture)**
 - a. Clothing
 - b. Household
 - c. Other
- 5. BASKETRY**
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
- 6. BEADING**
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
 - c. Miscellaneous
- 7. CERAMICS**
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
- 8. COUNTED CROSS STITCH**
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)
- 9. CROCHET**
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
 - d. Thread
- 10. DOLL/TOY MAKING**
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
 - c. Porcelain/China
- 11. DRAWING**
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
- 12. EMBROIDERY**
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Chicken Scratch
 - j. Punch Needle (under 60" perimeter)
 - k. Miscellaneous
- 13. FELTING***
 - a. Needle Method
 - b. Wet Method
- 14. HOLIDAY DECORATIONS**
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60" perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

More information can be found on the KEHA website: <https://keha.ca.uky.edu>

Handbook 41

June 2024



Pressure Canning Class
Wayne County Extension Office
Upstairs Meeting Room
Tuesday, March 18, 2025
9:00 a.m.

Registration Fee: \$20.00 (Prepaid)

Spots are limited.
Please call
606-348-8453 to RSVP
by March 12th.

An Equal Opportunity Organization.



Seth Hart

Program Assistant
for Community Arts



CLAY SCULPTURE

"ARROWHEADS"



STATE FAIR CURRICULUM

IF COMPLETED BY 4-H STUDENTS

~ 4-H ARTS ~

SCULPTING

757 CLAY

TRENDS

764 HERITAGE ARTS

~ 4-H HOME ENVIRONMENT ~

UNIT II EXHIBITS

894 DECORATIVE ITEM FOR THE HOME & PHOTO

Instructed by:

Seth Hart

Extension Program Assistant for Community Arts

Wayne County Cooperative Extension Office

255 Rolling Hills Blvd.

Monticello, KY 42633

606-348-8453

seth.hart@uky.edu

KENTUCKY **COOPERATIVE EXTENSION**

THE NORTHEASTERN COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
1880 COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

SUPPLIER: HOBBYLOBBY

FIRING CLAY (OPTIONAL)

25 LB "AMACO" X-15 MOIST POTTERY

AIR DRY CLAY (OPTIONAL)

10 LB "AMACO"

SUPPLIER: WALMART

CRAFT PAINTS FOR AIR DRY CLAY (OPTIONAL)

ASSORTED PAINT BRUSHES

FILE POINT

SCWME

ADHESIVE SPRAY PROTECTANT

SUPPLIER: KENTUCKY MUDWORKS

ASSORTED GLAZES FOR FIRING CLAY (OPTIONAL)

2 OZ "MAYCO" STROKE AND COAT

KILN FIRING IS REQUIRED

FOR ALL

FIRING CLAY OPTIONS

INSTRUCTIONS ON NEXT PAGE

ALSO FEATURED ON YOUTUBE

CHANNEL: WAYNE COUNTY COOPERATIVE EXTENSION SERVICE

PLAYLIST: FINE ARTS





Seth Hart

Program Assistant for Community Arts



- *IF USING FIRING CLAY, ALWAYS WEDGE THE CLAY FIRST. THIS REMOVES ANY HIDDEN AIR POCKETS THAT CAN EXPLODE IN THE FIRING PROCESS.*
- *FORM THE CLAY INTO A BALL AND ROLL ONE END OF IT INTO A CONE.*
- *PRESS THE CONE FLAT, INTO A TREE LIKE FORM WITH A ROUND BOTTOM. ALSO FLATTEN ALL EDGES.*
- *USING A STYLUS (OR TOOTHPICK) CREATE SERATED EDGES BY TAPPING THE EDGES.*
- *IF USING FIRING CLAY, ALLOW CLAY TO DRY FOR ONE WEEK AND THEN FIRE TO CONE 06. APPLY GLAZE AND FIRE AGAIN TO CONE 6.*
- *IF USING SELF HARDENING CLAY, ALLOW CLAY TO DRY FOR 24 TO 48 HOURS AND FINISH IT WITH ACRYLIC PAINTS AND A SPRAY PROTECTANT.*





Joy McGinnis

FCS Program Assistant



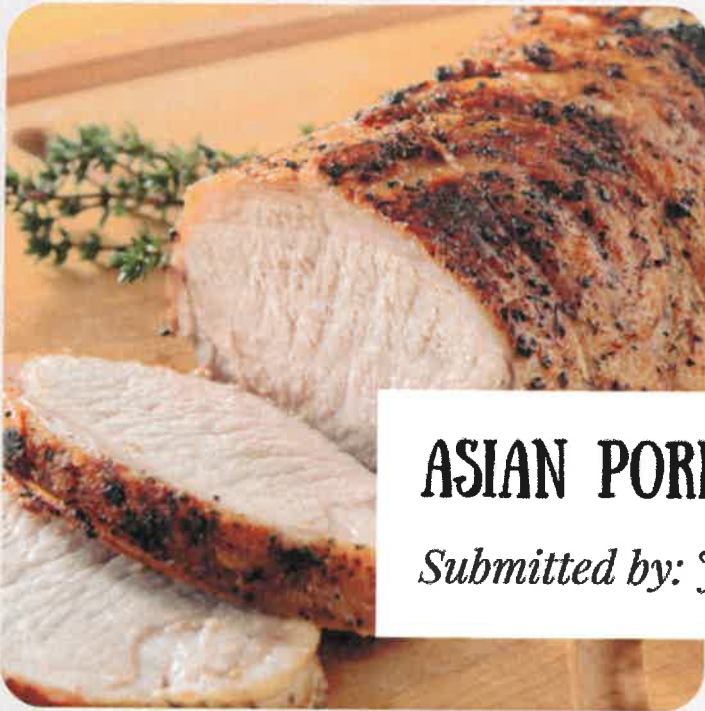
February is American Heart Health Month Heart-Healthy Food Choices

Many people are surprised that heart disease is the leading cause of death for both men and women in Kentucky and across the United States. Heart disease is used as a collective term to describe any condition that impacts the heart or blood vessels. Fortunately, many forms of heart disease can be prevented by making healthy choices, like adding heart-healthy foods into the diet. Below is a list of heart-and budget-friendly foods to mix into your diet.

- Diets high in fiber-rich foods, like oatmeal and beans, have been linked to lower cholesterol, reduced blood pressure, and less inflammation, and can be bought in bulk.
- Heart-healthy fats found in tuna and nuts are shelf-stable, help you feel full, and have been linked to reduced risk of heart disease.
- Brightly colored fruits, like strawberries, oranges, and cantaloupe, are all rich in vitamins and minerals with few calories and can be bought in-season at a lower cost.
- Vegetables like spinach and broccoli can be very budget-friendly in the freezer section and are loaded with fiber, vitamins, and minerals.

For more information or heart-healthy recipes, visit your local Cooperative Extension Office.

Source: Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition; Hannah Ford-Hickey, Graduate Student



ASIAN PORK TENDERLOIN

Submitted by: Joy McGinnis

SERVING SIZE: 1 PIECE

INGREDIENTS

2 Tbsp. sesame seeds
1 tsp. ground coriander
1/8 tsp. cayenne pepper
1/8 tsp. celery seed
1/2 tsp. minced onion
1/4 tsp. ground cumin
1/8 tsp. ground cinnamon
1 Tbsp. sesame oil
1 lb. pork tenderloin,
sliced into 4 portions

DIRECTIONS

1. Heat the oven to 400 degrees F. Lightly coat a baking dish with cooking spray.
2. In a heavy frying pan, add the sesame seeds in a single layer. Over low heat, cook the seeds, stirring constantly until they look golden and give off a noticeably toasty aroma, about 1 to 2 minutes. Remove the seeds from the pan to cool.
3. In a bowl, add the coriander, cayenne pepper, celery seed, minced onion, cumin, cinnamon, sesame oil and toasted sesame seeds. Stir to mix evenly.
4. Place the pork tenderloin in the prepared baking dish. Rub the spices on both sides of the pork pieces. Bake until no longer pink, about 15 minutes. Or bake until a meat thermometer reaches 165 F (medium) or 170 F (well-done).

NUTRITIONAL ANALYSIS PER SERVING

Total carbohydrate 1 g., dietary fiber 0 g., sodium 61 g., saturated fat 2 g., total fat 8 g., trans fat trace, cholesterol 73 mg., protein 25 g., monounsaturated fat 3g., calories 176, added sugars 0 g., total sugars 0 g.

Source: Mayo Clinic Healthy Recipes



BUTTERSCOTCH PROTEIN PIE RECIPE

Submitted by: Joy McGinnis

SERVING SIZE: 1 SLICE

INGREDIENTS

- 2 whole Splenda Diabetes Care Vanilla Shakes
- 1 packet sugar-free instant butterscotch pudding mix
- 1 whole premade pecan pie crust

DIRECTIONS

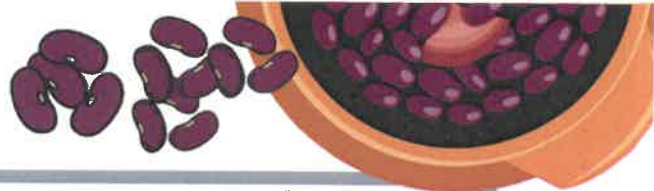
1. In a medium bowl, combine 2 whole cold Splenda French Vanilla Diabetes Care Shakes and 1 packet sugar-free butterscotch pudding mix, mixing for about 2 minutes. Place in the fridge and let cool for about 1 hour.
2. Once cooled, spread pudding into premade pecan pie crust. Top with stevia-sweetened chocolate shavings or chopped pecans if desired.

Source:
Adapted from American
Diabetes Association
www.diabetesfoodhub.org

For more information:
www.LCDHD.org or call
(800) 298-4416 Option 4

Nutrition Facts	
8 Servings	
Serving Size	1 slice
Amount per serving	
Calories	170
Total Fat	10g
Saturated Fat	2.8g
Trans Fats	0g
Cholesterol	10mg
Sodium	280mg
Total Carbohydrate	16g
Dietary Fiber	3g
Total Sugars	3g
Added Sugars	2g
Protein	6g
Potassium	130mg
Phosphorous	145mg

Dry Beans



Nutrition Facts

Beans, peas, and lentils include the dried seeds of legumes that can be eaten. Dry beans such as great northern, kidney, and pinto are high in protein and fiber. Beans also contain carbohydrates which give you energy. Beans and peas are low in fat, calories, and sodium. They do not contain cholesterol. For specific information about a type of dry bean, please refer to the product's Nutrition Facts Label or ingredient list.

Storage

- Store dry beans in a cool, clean, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry beans in a tightly closed bag or container.
- Once cooked, prepared beans can be stored in the freezer for up to six months.
- Store two cups of cooked beans in a labeled and dated freezer-safe zipper bag in the freezer. When ready to use, thaw in the fridge or a large bowl of warm water.

Uses and Tips

- One pound of dried beans is about 2 dry cups, which makes about 6 cups of cooked beans.
- Dried beans and chickpeas need to soak to soften the skin before cooking.
- Older beans take longer to cook than fresher beans—do not mix the two.
- Dry beans should be soaked before cooking. This will reduce cooking time. It will also help reduce digestive discomfort.
- Do not add salt while soaking or cooking beans as this may toughen the beans. Add acidic foods such as tomatoes at the end; these can prevent beans from becoming tender.
- If beans foam while cooking, add oil to the pan and leave the lid off.
- Once cooked, dried beans and chickpeas can be enjoyed as a main entrée or side dish at meals. Cooked beans and chickpeas can be added to dips, soups, stews, salads, dips, and even dessert!
- Two cups of cooked beans are equivalent to a 15-ounce can of beans.

Discover lots of budget friendly recipes featuring beans and **WATCH** how to cook them at planeatmove.com:

- *Slow Cooker Turkey and Beans*
- *Sweet Potato Nachos*
- *Red Beans and Rice*
- *One-Pan Beans and Cornbread*



This work is supported by the Expanded Food and Nutrition Education Program from the USDA, National Institute of Food and Agriculture.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



USDA
Supplemental
Nutrition
Assistance
Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

Cooking Dry Beans or Chickpeas on the Stove-Top



Method	Beans Water Ratio	Directions	Soaking Time
Overnight Soak (Easiest Method)	Cover beans with about 3 inches of water.	Cover pan and soak.	8 hours or overnight
Quick Soak (Fastest Method)	6 cups of water for every 1 pound of beans.	Place pan on medium-high heat and bring beans to a boil. Boil 2 to 3 minutes. Remove from heat and cover pan.	1 hour
Hot Soak (Preferred Method)	10 cups of water for every 1 pound of beans.	Place pan on medium-high heat and bring beans to a boil. Boil 2 to 3 minutes. Remove from heat and cover pan.	4 to 24 hours. Note: if soaking beans longer than 4 hours, place in the fridge.

After soaking it's time to cook!

Ingredients:

- 1 pound dry beans or chickpeas
- 4 cups water for beans or 6 cups water for chickpeas
- Salt, meat, bones, seasonings, bouillon flavoring, herbs, and spices, optional

Directions:

1. Wash hands with warm water and soap, scrubbing for 20 seconds.
2. Drain the soaked beans and rinse with cool running water.
3. Add the beans and fresh water to the pan.
4. If using meat or bones to season beans, add them at this time.
5. Place pot on medium-high heat. Bring beans to boil then reduce to medium-low heat and allow beans to simmer until tender. As beans cook and water evaporates, adding water may be necessary.
6. Use the cooking times below as a guide. Your cooking time might be slightly less or more, so check for doneness throughout the cooking process.
7. When beans are almost done, season with spices, herbs, or salt, if desired.
8. Store cooked beans in a covered container in the refrigerator for 3 to 4 days or in the freezer for up to 6 months.

Nutrition facts per serving: For info about a specific dry bean, please refer to the product's Nutrition Facts Label or ingredient list.

Soaking Directions:

1. First, rinse and sort, removing dirt, rocks, and other debris that might be present. Remove beans that are shriveled or look unusual compared to the others.
2. Next soak the beans or chickpeas. Use a pot large enough to account for the beans doubling in size. See some of the options in the chart above.

Stove-Top Cooking Times

Pinto beans, Kidney beans, Navy beans, and Chickpeas	1 ½ to 2 hours
Black beans	1 to 1 ½ hours
Great Northern beans	45 minutes to 1 hour



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