**Black Bean Pie**

**Yield:** 24 large servings (one shallow hotel pan); 24 ½ cup servings of beans and peas or protein.

**Crust Ingredients:**
- 2 cups all purpose flour
- 1 cup cornmeal
- 1 cup whole wheat flour
- ¾ tsp. salt
- 2 tsp. sugar
- 1 cup shortening or butter
- ~8 Tbsp. cold water

**Directions:**
1. Combine flours, cornmeal, salt and sugar in the bowl of a food processor. Pulse to combine.
2. Cut the shortening or the butter into chunks, then add them to the food processor and pulse until the mixture resembles coarse crumbs.
3. Add the cold water slowly. Ideally, use just enough that the dough sticks together.
4. Grease a hotel pan and press the crust into the bottom of the pan and three quarters of the way up the sides.

**Filling Ingredients:**
- 12 cups black beans
- 2 cups onion, chopped
- 3 cups tomatoes
- 6 cups corn
- 2 tsp. each of garlic powder, cumin and chili powder
- 1 tsp. black pepper
- 4 cups cheddar, shredded

**Directions:**
1. Mix all ingredients together in a large bowl, except cheddar cheese.
2. Spread evenly into pie crust and top with cheddar.
3. Bake for ~45 min. at 350º F, until golden brown.

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**Roasted Sweet Potato & Black Bean Salad**

**Yield:** 75 ¼ cup servings; 75 1/8 cup servings of red/orange vegetable and of beans and peas or protein.

**Salad Ingredients:**
- 9 cups sweet potatoes, peeled and cut into ~1” chunks
- 9 cups black beans, drained and rinsed
- 2 cups onion, chopped
- 1 Tbsp. extra virgin olive oil, enough to roast
- 1 tsp. each of salt and pepper

**Dressing Ingredients:**
- 6 Tbsp. extra virgin olive oil
- 6 cloves roasted garlic
- 9 Tbsp. lime juice
- 1 ½ tsp. ground cumin
- 1 cup fresh parsley or basil, finely chopped

**Directions:**
1. Preheat oven to 400º F.
2. Place your chopped sweet potatoes and onions onto a baking sheet, then drizzle about 1 Tbsp. of olive oil over and toss. Sprinkle salt and pepper. Bake for 30-35 min. (Check after 15 min. and toss vegetables again.)
3. Remove sweet potatoes and onions from the oven when they are nicely golden. To keep warm, leave on the baking sheet and cover with foil.
4. Dressing: In a small bowl, mix olive oil, salt, garlic, lime juice, parsley or basil, and cumin.
5. In a large serving bowl toss in roasted sweet potatoes, onions, black beans and then carefully pour the dressing. Mix well. Serve warm.
Kid-Friendly Eating Tips

- Sauté beans in olive or vegetable oil, add a few spices along with salt and pepper and you have yourself a delicious side for breakfast or lunch.
- Raw veggies and bean dip is a great snack option.
- Add beans to a soup, chili or stew recipe.
- Burritos and tacos are an excellent way to incorporate beans into kids’ diets.
- Try making bean burgers—be direct with the kids that it’s not meat!
- Offer plain beans or bean salad as an option at the salad bar.

Storage Tips

Store beans in airtight containers and out of the light, in order to avoid rancidity and maintain the highest nutritional value.

Benefits

Beans are a good source of protein, vitamin B9 (folic acid) and the mineral potassium. They also contain vitamins A, B1 (thiamine), B3 (niacin) and C, as well as the minerals magnesium and iron.

Mini Activities

- Have students taste test different bean varieties.
- Guess how many beans are in this jar?
- Have students guess the cost of pre-made bean products, canned beans and dry beans. For example: hummus vs. canned garbanzo beans vs. dry garbanzo beans.

More Resources

Cookbook
»Bean by Bean, by Crescent Dragonwagon

Sources: The Visual Food Encyclopedia, Bean by Bean.

Local Dry Bean Varieties:
- Black Turtle
- Jacob’s Cattle
- Kidney
- Pinto
- Soldier
- Vermont Cranberry
- Rattlesnake