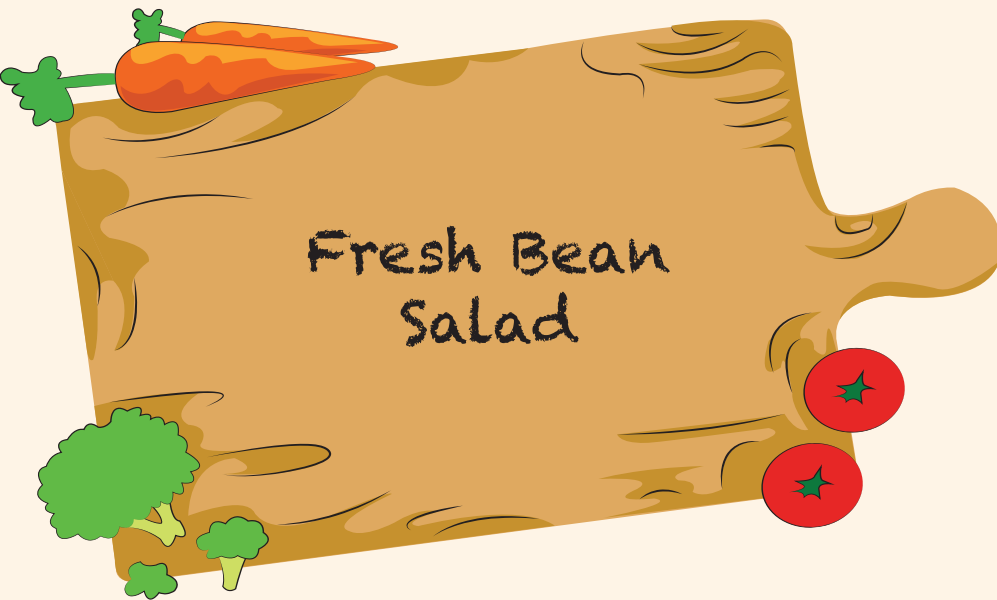




# Healthy Food for Kids

9

Tasty, Cost-Effective, and Nutritious Recipes!



# Ingredients



## Ingredients Not Likely At Home

| Ingredient                             | Brand                                    | Price per unit      | Store       |
|--|--|---------------------|-------------|
| 15 oz. can kidney beans                | Market Pantry Dark Red Kidney Beans      | \$0.75/15 oz.       | Target      |
| 15 oz. can cannellini beans            | Simply Balanced Organic Cannellini Beans | \$0.99/15 oz.       | Target      |
| 15 oz. can garbanzo beans              | Market Pantry Garbanzo Beans             | \$0.75/15 oz.       | Target      |
| 1 red bell pepper                      |  | \$1.49/pepper       | Ralphs      |
| 1 green bell pepper                    |  | \$0.99/pepper       | Ralphs      |
| 1 red onion                            |  | \$0.75/large onion  | Ralphs      |
| 1/2 tablespoon dijon mustard           | Whole Foods Traditional Dijon Mustard    | \$2.99/7 oz.        | Whole Foods |
| 1 clove garlic                         |  | \$0.50/10-12 cloves | Ralphs      |
| 2 tablespoons lemon juice from a lemon |  | \$0.79/large lemon  | Ralphs      |

## Ingredients Likely At Home

|                         |                                    |                    |        |
|-------------------------|------------------------------------|--------------------|--------|
| 1 teaspoon sugar        | Good and Gather Granulated Sugar   | \$2.19/4 lbs.      | Target |
| Salt (to taste)         | Morton Iodized Salt                | \$0.87/26 oz.      | Target |
| 1/4 cup olive oil       | Kroger Extra Virgin Olive Oil      | \$6.99/25.5 fl oz. | Ralphs |
| Black pepper (to taste) | McCormick Pure Ground Black Pepper | \$5.69/6 oz.       | Target |

Cost of Ingredients Not Likely at Home:

**\$10.00 (Total); \$1.25 (per serving)**

Cost of Ingredients Not Likely at Home + Likely at Home:

**\$25.74 (Total); \$3.22 (per serving)**

# Recipe



**Prep Time:**  
15 min  
**Cook Time:**  
0 min

1.

- In a large mixing bowl, combine the beans, red and green peppers (chopped), and red onion (chopped)

2.

- In a small bowl, add the vinaigrette ingredients: garlic (minced), 1/2 tablespoon dijon mustard, 2 tablespoons lemon juice, 1 teaspoon sugar, 1/4 cup olive oil, salt, and pepper
- Whisk vigorously to combine

3.

- Add the vinaigrette to the salad bowl and toss to coat

4.

- Cover and refrigerate for a little bit before serving so that the beans can soak up the flavors



## Nutrition Facts

8 servings per recipe

Serving size

1 serving

Amount per serving

**Calories**

**266**

% Daily Value\*

**Total Fat** 9.1g 14%

Saturated Fat 1.2g 6%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 317.3mg 13%

**Total Carbohydrates** 38.2g 13%

Dietary Fiber 10.8g 43%

Total Sugars 7g

Includes 0.52g Added Sugars 1%

**Protein** 11.5g 23%

Vitamin D 0mcg 0%

Calcium 63.21mg 6.3%

Iron 1.58mg 8.8%

Potassium 299.96mg 8.6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A graphic of a spotlight with a yellow beam shining down on the text.

# Nutrition Spotlight

## Mineral - Iron

This week's bean salad is a perfect way to treat our bodies to iron! Since our bodies cannot create iron on its own, we must meet our daily requirement of iron by consuming it through our foods. It is recommended that children 4-13 years old consume 40 mg everyday. Some foods that contain iron are beans, red meats, and dark leafy vegetables like spinach and kale. Since people who eat meat often tend to consume enough iron, we decided to put a a bean-based recipe in order to help vegetarians meet their iron needs. Iron is important because it can bind with oxygen in our blood and help it move through our system! Unfortunately, a diet lacking in iron can lead to issues in the future such as iron-deficiency anemia. Iron-deficiency anemia is when there is very little amount of iron in our blood so the oxygen is not transported well throughout our body.

Luckily, we can try to avoid this with a few simple changes to our diet so that we include more iron. This bean salad can be eaten as a snack or as a meal and can help to replenish our iron levels. An important fact to note is that iron is best consumed when eaten along with a food high in Vitamin C since this vitamin helps iron get absorbed into our bloodstream. Vitamin C is mainly found in citrus fruits. The vinaigrette in the bean salad contains lemon juice, a good source of Vitamin C, but you could also drink orange juice along with the meal to increase iron absorption. Furthermore, we can increase the amount of iron in our cooked food by using a cast-iron skillet.

## Thank you for reading!

We hope this was helpful for you and your family! Please let us know if you have any suggestions by filling out this survey:  
<https://forms.gle/rgpiHqRozEUdiNi38>

For more information, please refer below to the sources used to create the brochure!

Sources:

The recipe was adapted from Suzy Karadsheh's recipe, found here:

<https://www.themediterraneanish.com/mediterranean-three-bean-salad-recipe/>

The 'nutrition facts' label was created by inputting ingredients into Cronometer and is only an approximation:

<https://cronometer.com/>

The information on Iron was retrieved from:

<https://www.ncbi.nlm.nih.gov/books/NBK540969/>

<https://pubmed.ncbi.nlm.nih.gov/2507689/>

<https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/#:~:text=The%20average%20daily%20iron%20in%20take,mg%2Fday%20%5B5%5D.>

*\*Nutrition label is only an approximation*

*\*\*We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

*\*\*\*If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor*