

FRESH HERB SPREAD WITH GREAT NORTHERN BEANS

Created by Katy Keck, chef and co-owner, New World Grill, New York City



- Preparation time:** 10 minutes
Makes 24 Servings
- 3 cloves garlic
 - 2 cans (15.8 ounces each) BUSH'S Great Northern Beans, drained and rinsed
 - 3 tablespoons lime juice
 - 2 tablespoons olive oil
 - 2 tablespoons fresh basil, coarsely chopped
 - 1 tablespoon fresh thyme
 - 1 teaspoon kosher salt
 - 1/2 teaspoon ground black pepper

Place garlic cloves into a food processor with motor running. Add BUSH'S Great Northern Beans, lime juice and olive oil, and puree until smooth.

Add basil, thyme, salt and pepper, and pulse until incorporated and herbs are coarsely chopped.

Serve chilled with breadsticks, flatbread, crostini, or fresh vegetables.

NUTRITION FACTS PER SERVING: Calories 45, Calories from Fat 10, Total Fat 1.5g 2% DV, Saturated Fat 0g 0% DV, Cholesterol 0mg 0% DV, Sodium 150mg 6% DV, Total Carbohydrate 6g 2% DV, Dietary Fiber 2g 9% DV, Sugars 0g, Protein 2g 4% DV, Vitamin A 0mg 0% DV, Vitamin C 1mg 2% DV, Calcium 17mg 2% DV, Iron 0.57mg 4% DV, Folate 12.44mcg 3% DV, Potassium 52mg 13% DV

MEDITERRANEAN PASTA WITH KIDNEY BEANS

Created by Carrie Starcher, New York City chef



- Preparation time:** 10 minutes
Cooking time: 20 minutes
Makes 6 Servings
- 8 ounces whole wheat pasta
 - 1/4 cup water from cooking pasta
 - 1/4 cup olive oil
 - 1 cup onion, thinly sliced
 - 2 large garlic cloves, thinly sliced
 - 1 teaspoon crushed red pepper flakes (or less to taste)
 - 8 cups spinach (one 6-ounce bag fresh, pre-washed spinach)
 - 1 can (16 ounces) BUSH'S Kidney Beans, drained and rinsed
 - 1/2 cup cherry tomatoes, cut in half
 - 1 tablespoon fresh Parmesan, grated
 - 1 tablespoon fresh parsley, chopped or 1 teaspoon dried parsley
 - Salt and pepper to taste, optional

Cook pasta according to package directions (reserving 1/4 cup water).

Heat oil in large sauté pan. Add onions and garlic. When translucent, add red pepper flakes, spinach, BUSH'S Kidney Beans

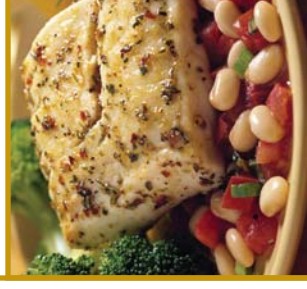
and reserved pasta water. Simmer over medium heat until spinach is tender. Add pasta, tomatoes, and parsley and combine. Season with salt and pepper, if desired. Sprinkle with cheese. Serve warm.

NUTRITION FACTS PER SERVING: Calories 310, Calories from Fat 90, Total Fat 10g 16% DV, Saturated Fat 1.5g 7% DV, Cholesterol 0mg 0% DV, Sodium 140mg 6% DV, Total Carbohydrate 46g 15% DV, Dietary Fiber 9g 38% DV, Sugars 3g, Protein 12g 24% DV, Vitamin A 272mcg 50% DV, Vitamin C 12mg 20% DV, Calcium 112mg 11% DV, Iron 4mg 20% DV, Folate 93mcg 23% DV, Potassium 444mg 13% DV

Optional ingredients are not included in nutrition analysis.

HALIBUT WITH TOMATOES AND GREAT NORTHERN BEANS

Created by Michael Romano, executive chef, Union Square Café, New York City



- Preparation time:** 10 minutes
Cooking time: 10 minutes
Makes 4 Servings
- 1 can (15.8 ounces) BUSH'S Great Northern Beans, drained and rinsed
 - 2 teaspoons red wine vinegar
 - 1/4 cup fresh basil leaves, sliced
 - Salt and pepper to taste, optional
 - 1/4 cup olive oil
 - 1/2 cup green onions, sliced
 - 2 garlic cloves, minced
 - 4 6-ounce skinless halibut fillets
 - 3 cups chopped fresh tomatoes

Preheat oven to broil.

Heat oil in medium saucepan over medium heat. Add onions and garlic; cook, stirring occasionally, until softened but not browned, about 2 minutes.

Season halibut with salt and pepper to taste. Place on a baking sheet or broiler pan. Broil for 5-7 minutes or until fish is cooked through.

Add tomatoes to the saucepan mixture and cook, stirring occasionally, 4 minutes. Stir in BUSH'S Great Northern Beans, vinegar and basil. Bring to a boil; simmer for 1 minute. Remove pan from heat and set aside.

Serve fish over tomato and bean mixture.

NUTRITION FACTS PER SERVING: Calories 440, Calories from Fat 160, Total Fat 18g 28% DV, Saturated Fat 2.5g 12% DV, Cholesterol 55mg 18% DV, Sodium 330mg 14% DV, Total Carbohydrate 25g 8% DV, Dietary Fiber 8g 33% DV, Sugars 4g, Protein 44g 88% DV, Vitamin A 201mcg 30% DV, Vitamin C 40mg 70% DV, Calcium 149mg 15% DV, Iron 4mg 20% DV, Folate 87mcg 22% DV, Potassium 1257mg 36% DV

Optional ingredients are not included in nutrition analysis.

BLACK BEAN AND MANGO SALAD

Created by Evan Kleiman, executive chef and owner, Angeli Caffé, Los Angeles



- Preparation time:** 15 minutes
Makes 6 Servings
- 1 can (15 ounces) BUSH'S Black Beans, drained and rinsed
 - 2 cups diced mango or pineapple chunks
 - 1 cup sweet red bell pepper, diced
 - 6 green onions, thinly sliced
 - 1/4 cup cilantro leaves, chopped
 - 1/4 cup fresh lime juice
 - 1 tablespoon olive oil
 - 1 seeded Jalapeño pepper, minced or hot sauce to taste
 - Salt to taste, optional

Combine ingredients in bowl. Toss and serve.

NUTRITION FACTS PER SERVING: Calories 140, Calories from Fat 25, Total Fat 3g 4% DV, Saturated Fat 0g 0% DV, Cholesterol 0mg 0% DV, Sodium 170mg 7% DV, Total Carbohydrate 26g 9% DV, Dietary Fiber 7g 26% DV, Sugars 10g, Protein 6g 12% DV, Vitamin A 142mcg 30% DV, Vitamin C 70mg 120% DV, Calcium 41mg 4% DV, Iron 1.6mg 8% DV, Folate 60mcg 15% DV, Potassium 284mg 8% DV

Optional ingredients are not included in nutrition analysis.



QUICK AND EASY WAYS TO ADD BEANS TO YOUR MEALS

Eating more beans is a great way to improve the nutritional profile of your diet. Beans are good for your heart because they are naturally low in fat, saturated-fat-free and cholesterol-free. They're also a great way to get the fiber, folate and potassium your body needs.

Besides being healthy, delicious and economical, beans are easy to prepare. Canned beans, like Bush's, are already cooked so it takes just minutes (or even seconds!) to incorporate them into your diet. Follow these tips to add beans to your meals.

Top It with Beans

- Sprinkle Bush's Light Red Kidney Beans, or another favorite, on top of a big salad for a satisfying, protein-packed meal; or on a small salad for a nutritious side dish.
- Top a baked potato with Bush's Baked Beans to turn a plain old spud into a protein-filled meal.

Eating Out Healthy

- Choose menu items that contain beans, such as salads, soups and side dishes. And don't be afraid to ask your server to make substitutions.

Grab a Snack

- Sprinkle Bush's Garbanzo Beans (chick peas) with seasonings of your choice and bake in a 350 degree oven until brown and crispy. Enjoy this unusual and healthy snack.
- Create a delicious whole bean dip with Bush's Black Beans, fat-free sour cream, taco seasoning and your favorite toppings – tomatoes, olives, lettuce, green onions. Serve with baked chips for a delicious snack.

Quick Meals

- Add a can of Bush's Pinto Beans, or another variety, to store-bought or homemade soup. Serve with whole-grain bread for a healthy, satisfying meal.
- Mix a can of Bush's Great Northern Beans and sautéed vegetables into a bowl of steaming pasta for a hot, delicious meal.
- Along with vegetables and perhaps some low-fat cheese, add your favorite Bush's Beans to an omelet.

Enjoy Ethnic Foods

- Fill a soft tortilla with Bush's Black Beans and veggies for a healthful burrito.
- Spice up store-purchased salsa with Bush's Black Beans or mash Bush's Pinto Beans for homemade refried beans.
- Puree Bush's Garbanzo Beans (chick peas) with olive oil and cumin. Serve with veggies and pita chips as a delicious snack.

Visit the Bush's Beans Web Site

- Go to www.bushbeans.com for great tasting recipes and to download additional copies of this information sheet.

Beans have long been recognized as a delicious and healthy addition to any diet, but lately they've received accolades galore; consider some of the most recent:

- Dietary guidance message, released January 2005: Diets including beans may reduce your risk of heart disease and certain cancers.
- *Health* magazine, March 2005: Four varieties of beans are named in the "Top 20 power foods" due to their antioxidant properties.¹
- *Woman's World* magazine, February 22, 2005, in reference to beans and lentils: "They're loaded with anti-inflammatory antioxidants. They also contain large amounts of blood-sugar-stabilizing fiber. Eat beans four times a week, and you'll slash your risk of heart disease by 20%!"²

1. Wu X, Beecher GR, Holden J, et al. "Lipophilic and hydrophilic antioxidant capacities of common foods in the United States." *J. Agric Food Chem* 52 (2004): 4026-4037.
2. Bassano, J, He, LG, et al. "Legume consumption and risk of coronary heart disease in US men and women." *Archives of Internal Medicine* 161 (2001): 2573-2578.