Spotlight Ingredient:  PINTO BEANS

What’s in it for me?
Beans are rich in fiber, iron, and folate. They contain antioxidants such as saponins, protease inhibitors, and phytic acid which may help slow, prevent, and destroy cancerous tumors. Beans may also help lower your cholesterol and reduce the risk of heart disease. In one study, men who ate the most beans had a 38% lower risk of prostate cancer than men who ate the least.

How do they compare?
Are you making Sloppy Joes? Compare pinto beans with ground beef:

<table>
<thead>
<tr>
<th></th>
<th>Pinto Beans, (2 cups)</th>
<th>80% Lean Ground Beef (12 oz. cooked)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>468</td>
<td>924</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>1.6</td>
<td>59.2</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0.4</td>
<td>11.4</td>
</tr>
<tr>
<td>Cholesterol (mg)</td>
<td>0</td>
<td>304</td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>29.2</td>
<td>0</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>8.92</td>
<td>9.44</td>
</tr>
<tr>
<td>Folate (mcg)</td>
<td>588</td>
<td>37.6</td>
</tr>
</tbody>
</table>

Pinto Bean Sloppy Joes
Serve these Sloppy Joes with fresh broccoli and grapes.

Ingredients:
- 1 T. olive oil
- 1 onion, diced
- ½ green pepper, diced
- 2 cups cooked pinto beans
- 1 cup tomato sauce, no salt added
- ¼ cup wheat germ
- 1 Tbsp. lite soy sauce
- 2 Tbsp. honey
- 1 tsp. chili powder
- ½ tsp. dried oregano
- 4 whole-grain hamburger buns

Directions:
In a medium saucepan, warm oil over medium-high heat. Sauté onion and pepper for 5 minutes. Add beans, tomato sauce, wheat germ, soy sauce, honey, chili powder, and oregano; simmer 10-15 minutes. Partially mash beans with a potato masher. Serve over hamburger buns.

Yield: 4 servings. Nutrition Information (per ¼ recipe): 389 calories, 16 g protein, 7 g fat, 1.2 g saturated fat, 70 g carbohydrate, 14 g fiber, 0 mg cholesterol, 460 mg sodium