

# The Bush's Best® Beans Dining Guide to Healthy Menu Planning



www.bushbeansfoodservice.com

## October

### Vegetarian Awareness

Beans contribute important nutrition with great variety to vegetarian and "flexitarian" (nearly 25 percent of American adults who eat four or more meatless meals weekly) diets.



#### Black Bean Corn Cakes

Serve up a delightful dish made with Bush's Best® Black Beans and corn cakes held together with cornbread and accented with peppers, jalapeño, garlic, and cilantro.

**Yields:** 12 servings

**Serving Size:** One ½-cup or two ¼-cup cakes

**Prep Time:** 45 minutes

**Cook Time:** 20 minutes

#### Ingredients

	<b>Quantity</b>
Onions, sweet, chopped	1 qt
Corn kernels, frozen, thawed	1 qt
Bell pepper, red, seeded, finely chopped	2 cups
Garlic, minced	2 Tbsp
Jalapeño, seeded, minced	2 Tbsp
Vegetable oil	¼ cup
Bush's Black Beans, drained*	3 cups
Cornbread, crumbled	2 qt
Dry bread crumbs	2 cups
Eggs, lightly beaten	4 large
Cilantro, fresh, minced	1 cup
Kosher salt and cracked black pepper	1 tsp each
Flour, all-purpose	1½ cups
Vegetable oil, for frying	As needed

Hearty salad greens (chickory, frisee, etc...)	1½ gal
Prepared Sherry-Mustard Vinaigrette	1½ cups
Feta cheese, crumbled	1½ cups

1. Toss onions, corn, peppers, garlic, and jalapeno with oil. Mix well.
2. Spread into 1-in thick layer on a sheet pan.
3. Roast in 350°F convection or 400°F conventional oven for 15-20 minutes. Stir often to prevent browning. Let cool slightly.
4. Combine roasted vegetables with beans.
5. In large bowl toss cornbread, dry crumbs, and corn and bean mixture. Stir in eggs and adjust seasonings.
6. Shape into 12 (4-in) or 24 (2-in) patties. Place on sheet pan, cover. Refrigerate until ready to fry.
7. Dip each corn cake in flour, coat completely. Place on sheet pan when ready. Fry immediately after coating.

**To serve:** In skillet, heat 3 Tbsp oil over medium heat. Add a coated corn cake. Cook 3 minutes or until golden brown on each side and heated through to an internal temperature of 160°F. Place hot corn cake on a 2-cup bed of salad greens tossed with 2 Tbsp vinaigrette. Sprinkle with 2 Tbsp feta crumbles. Serve immediately.

\*Other beans may be substituted including: Cannellini, Great northern, Pinto, or Kidney.

## November

### American Diabetes Month

Beans are a high-fiber food, the body digests beans slowly, making them a good diet choice for diabetic and hypoglycemic food selections.

#### Bean and Quinoa Salad with Avocado Dressing

Team up healthy quinoa wheat with great northern, kidney, pinto, and black beans. Throw in some corn for a huge variety of colors, flavors, and textures.

**Yields:** 12 servings

**Serving Size:** 1 cup

**Prep Time:** 25 minutes

#### Ingredients

	<b>Quantity</b>
Bush's Beans mixture (Cannellini or Great Northern, Black, Kidney, Pinto), drained and rinsed	3 cups
Quinoa, cooked	3 cups, cooked

Grape tomatoes, halved	3 cups
Corn kernels, fresh, roasted	2 cups, cooked
Scallions, diced	1 cup
Feta cheese, crumbled, optional	1 cup

#### Avocado Cider Dressing (Yields 1½ cups)

Avocado, peeled and pitted	1 large
Shallot	1 large
Dijon mustard	1½ Tbsp
Cider vinegar	½ cup
Canola oil	½ cup
Olive oil	¼ cup
Fresh herb mixture, finely chopped (chives, parsley, cilantro)	¼ cup
Kosher salt and cracked black pepper	To taste

1. Combine beans, quinoa, corn, tomatoes, scallions and, if desired, feta cheese.
  2. Add Avocado Cider Dressing. Toss gently to coat. Cover salad. Refrigerate at least 2 hours before serving.
- To serve:** Place 1 cup baby salad greens on chilled plate. Top with 1 cup bean-quinoa salad. Accompany with herb-grilled chicken breast or fish filet over top of salad. Serve with extra Avocado Cider Dressing if desired.

#### To make Avocado Cider Dressing:

1. In blender, combine avocado, shallot, mustard, and vinegar. Process until smooth.
2. With motor running, slowly add oils until thickened and incorporated. Transfer dressing to a container with lid and stir in herbs. Season to taste. Cover. Refrigerate at least 2 hours before use. Use as directed above.



## January

### Healthy Weight Loss with Fiber

With their high fiber content, beans are digested slowly, promoting longer-lasting satiety and satisfaction, which play a role in almost any dietary plan—including weight loss.

#### Buffalo Kidney Bean-Chicken Tacos

Make a healthier taco full of chicken, tomatoes, Bush's Best® Kidney Beans, and chilies accompanied by crisp lettuce and blue cheese.

**Yields:** 12 servings

**Serving Size:** 1 tortilla / ¾ cup filling

**Prep Time:** 15 minutes

**Cook Time:** 20-25 minutes

#### Ingredients

	<b>Quantity</b>
Oil, vegetable	2 Tbsp
Onions, sweet, diced	2 cups
Garlic, minced	1 tsp
Chipotle in adobo, minced	2 tsp
Tomatoes, canned, diced	3 cups
Bush's Kidney Beans, drained*	3 cups
Roasted chicken, diced	1 qt
Tortillas, flour, soft	12 X 10-in
Blue cheese, crumbled	1½ cups
Iceberg lettuce, shredded	3 cups
Sour cream, optional	1½ cups

1. Heat oil over medium-high heat. Add onions. Sauté 2-3 minutes.
  2. Add garlic and chipotle. Cook 2 minutes.
  3. Add tomatoes. Cook until slightly thickened, about 5 minutes.
  4. Stir in beans and chicken. Heat through, about 4 minutes.
- To serve:** Heat a flour tortilla. Top tortilla with ¾ cup bean-chicken mixture, 2 Tbsp. crumbled blue cheese, ¼ cup lettuce, and 2 Tbsp sour cream if desired. Roll and serve.

\*Other beans may be substituted including pinto, black, or garbanzo.

**Serving Suggestion:** These tacos could be served with fresh fruit, tomato-avocado salad, or bean relish if desired.

## February American Heart Month

Beans are naturally cholesterol and saturated fat free, which are important to overall cardiovascular health.

### Curried Salmon on Bean-Potato Hash

Combine black, kidney, garbanzo, and great northern beans with potatoes, garlic, ginger, and curry to make a premium (yet mouth-watering) dish topped with grilled or roasted spicy curried salmon filets.

**Yields:** 12 servings  
**Serving Size:** 1 cup hash/1 salmon-filet  
**Prep Time:** 25 minutes  
**Cook Time:** 35 minutes

Ingredients	Quantity
Salmon, filets, skin removed	12 X 6 oz
Olive oil	3 Tbsp
Sweet curry spice blend	2 Tbsp
Kosher salt	1 tsp
Pepper, black, ground	1 tsp

Lemon-Yogurt Sauce (Yields 1½ cups)	Quantity
Yogurt, Greek, plain	1½ cups
Lemon, juice, fresh	2 Tbsp
Mixture of fresh, chopped cilantro, chives and tarragon	2 Tbsp
Lemon, zest, fresh	1 Tbsp
Kosher salt and ground black pepper	As needed

Bean-Potato Hash (Yields 12 cups)	Quantity
Vegetable oil	½ cup
Shallots, chopped	½ cup
Potatoes, red-skinned, medium dice	3 qt
Garlic, minced	3 Tbsp
Ginger root, fresh, grated	2 Tbsp
Jalapeño pepper, seeded, minced	1 Tbsp
Sweet curry spice blend	2 Tbsp
Mix of Bush's Beans (Garbanzo, Kidney and Great Northern), drained*	1 qt
Stock, vegetable or chicken, low sodium	½-¾ cup
Mixture of fresh, chopped cilantro, chives and tarragon	1 cup

1. Rub salmon filets with oil. Sprinkle a mixture of curry spice blend, salt and pepper evenly on both sides. Place an even layer on a sheet pan. Cover and refrigerate at least 2 hours.
2. Grill or roast salmon to order until fish flakes easily with fork, internal temperature is 165°F.

**To serve:** Spoon 1 cup hash mixture onto hot dinner plate. Top with a portion of salmon. Drizzle 2 Tbsp Lemon-Yogurt Sauce.

### To make Lemon-Yogurt Sauce:

In bowl combine yogurt, juice, herbs, and zest. Mix well. Season with salt and pepper if desired. Cover. Refrigerate at least 2 hours before use. Reserve chilled for service.

### To make Bean-Potato Hash:

1. In large skillet, heat oil over medium-high heat. Add shallots and sauté 2 minutes. Add potatoes. Cook 5 minutes, stirring often to prevent from sticking.
2. Add garlic, ginger, and jalapeño. Cook 2 minutes.
3. Stir in curry spice blend. Reduce heat to medium. Cook, stirring often, 6 minutes or until potatoes are almost tender and browning.
4. Stir in beans and stock. Continue cooking, stirring often, 10 minutes or until liquid is absorbed. Beans should be tender and hold together.
5. Remove from heat. Keep warm.
6. Just before service, stir herb mixture into Bean-Potato Hash.



\*Other beans may be substituted including: Cannellini, Black or Pinto. For reduced-sodium options try Bush's Best® low-sodium Black, Kidney, Pinto, or Garbanzo Beans.

## March National Nutrition Month 'Veggie Victory' for Healthy Kids

With their great-tasting endless versatility, beans will help you achieve 'veggie victory' by turning even the "smallest 'veggie avoiders'" into long-term "veggie fans."

### Sweet-n-Salty Cannellini Beans

Combine Bush's Best® Cannellini Beans with the sweet taste of honey, and season them with salt and pepper for a sweet and salty dish that's perfect as a snack or a salad topper.

**Yields:** 12 servings  
**Serving Size:** 1 cup  
**Prep Time:** 8 minutes (plus 2 hours to freeze)  
**Cook Time:** 1½ minutes

### Ingredients

Bush's Cannellini Beans, drained and rinsed	18 cups
Honey	3 cups
Water, tap	12 cups
Wondra® flour	1½ cups
Sea salt, ground	2 Tbsp
Pepper, black, cracked	3 tsp
Thyme, fresh, hand-picked	As needed

1. Combine honey and water in saucepan. Add beans and bring to a simmer. Once simmering, remove from heat. Strain and transfer to parchment lined sheet tray. Freeze beans for at least 2 hours.
2. Once frozen, toss beans with Wondra® flour and fry for 1½-2 minutes at 350°F (warning: beans will pop in oil). After frying, season with salt and pepper. Allow the beans to sit for a few minutes to become crispier.
3. Serving suggestion: Serve 1 cup and garnish with thyme.



## May Celiac Awareness Month Gluten Free

Beans figure prominently for chefs, culinary professionals, and dietitians interested in expanding their recipe and menu repertoires while satisfying almost any dietary need—including gluten-free diet plans.

### Dry-Rubbed Hanger Steak with Bean Salad

Serve your customers juicy, grilled BBQ-rubbed steak served on top of a spicy mound of great northern, kidney, pinto, and black bean salad.



**Yields:** 12 servings  
**Serving Size:** 6 oz meat / ½ cup bean salad  
**Prep Time:** 20 minutes  
**Cook Time:** 4 minutes

Ingredients	Quantity
Hanger or strip steaks	12 X 6 oz
Olive oil	As needed

### Spicy Bean Salad (Yields 1½ qt)

Bush's Beans, mixture (Cannellini or Great Northern, Black, Kidney, Pinto), drained and rinsed	3 cups
Peppers, bell, yellow and red, diced	2 cups
Onions, red, minced	1½ cups
Cilantro, fresh, chopped	½ cup
BBQ Dry Rub	2 Tbsp
Lemon and lime juice, fresh, plus zest	½ cup
Canola oil	½ cup
Olive oil	¼ cup

### BBQ Dry Rub (Yields ⅓ cup)

Chili powder	¼ cup
Smoked paprika	2 Tbsp
Kosher salt	1 Tbsp
Ground cumin	1 Tbsp
Garlic powder	1 tsp
Oregano leaves	1 tsp
Pepper, black, ground	1 tsp

1. Brush steaks with oil. Sprinkle each generously with BBQ Dry Rub. Reserve at least 2 Tbsp BBQ Dry Rub for Spicy Bean Salad. Cover and refrigerate at least 4 hours.

**To serve:** Grill steak 2-3 minutes per side or to desired doneness. Let rest 5 minutes. Slice and lay over top of ½ cup Spicy Bean Salad.

### To make Spicy Bean Salad:

1. In large bowl, combine beans, peppers, onions, and cilantro. Mix well.
2. In small bowl, combine lemon/lime juice, zest and 2 Tbsp reserved BBQ Dry Rub. Wisk in oils. Pour over beans and toss gently to coat. Cover and refrigerate 4 hours. Reserve chilled for service.

### To make BBQ Dry Rub:

1. Combine all spices, mix well. Cover. Store in cool, dry place. Use as directed above.