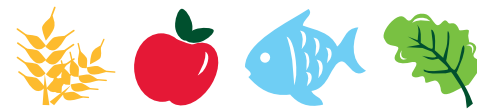


# Week Four: Legumes, Good Shopping Habits, & Delectable Dinners



The Goldring Center  
for Culinary Medicine

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TULANE UNIVERSITY

# In week four of this cooking class series, we will:



Explore tips for incorporating more legumes into your diet



Review good grocery shopping habits



Create Dinners that are delicious, quick to prepare & budget-friendly



# Why We LOVE Legumes!

- Great source of plant-based protein and fiber
- No saturated fat or cholesterol and low in calories
- Full of beneficial vitamins & minerals
- Cheap way to bulk up meals
- Quick and easy to prepare
- Both dry and canned varieties are always available and last a long time in the pantry

**GOAL: 2 - 2 1/2 servings per week**

## Our Favorite Legumes:

- Beans – red/kidney, black, white (cannellini)
- Chickpeas (garbanzo beans)
- Black-eyed Peas
- Lentils
- Green beans
- Lima beans
- Peas
- Edamame
- Peanuts

# Creating a Shopping List

- Shopping with a list is key to meal planning and it will help you save time, money, and reduce food waste
- Separate your list into sections based on where items are found in the store
  - **Produce, Dry Goods, Meats & Seafood, Dairy, Frozen**
- Make sure to check your pantry, fridge, & freezer before finalizing your list so you don't buy things you already have on hand
- Consult your store's weekly sale circular while planning meals
- Use recipes to create your list – don't forget to include staples you use weekly (onion, bread, eggs, etc.) and your favorite go-to snacks
- Try an App for shopping list creation and management to help save time: AnyList, Mealime, Yummly





# Budgeting & Couponing

## DO:

- ✓ Make a list
- ✓ Set a budget
- ✓ Check circulars & weekly specials
- ✓ Check cost per unit
- ✓ Support local farms
- ✓ Buy seasonal ingredients
- ✓ Stick to your list and brands you like
- ✓ Shop the outside of the store most
- ✓ Buy in bulk if you can

## DON'T:

- X Shop hungry
- X Fall for advertising traps
- X Buy items just because you have a coupon
- X Buy ultra-processed foods

# Building a Healthy Pantry (and Fridge/Freezer)

- **Lean Proteins** – canned & dried beans, lentils, canned tuna, lean meats & seafood (buy on sale and freeze in portions)
- **Whole Grains** – brown rice, whole grain pasta, oats, quinoa, corn tortillas, whole wheat flour and breadcrumbs
- **Canned Tomato Products** – diced, crushed, sauce, paste (low sodium/no salt added)
- **Nuts & Nut Butters** – walnuts, almonds, peanuts, no-sugar added peanut butter
- **Oils & Vinegars** – olive/canola oil, apple cider vinegar, balsamic vinegar, rice vinegar
- **Condiments & Sauces** – low sodium soy sauce, Dijon mustard, Worcestershire sauce, hot sauce (Crystal/Sriracha)
- **Produce Staples** – onions, garlic, carrots, celery, potatoes, lemon/lime, frozen fruit & veggies (no added sugar or sauces/seasonings)
- **Dried Herbs & Spices** – use your favorites to make blends (taco, Creole, etc.) and build flavor without added sodium or fat



# Building Blocks for Nutritious Dinners

Dish	Whole Grains	Lean Protein	Vegetables and/or Fruit
Make Your Own Takeout Stir-Fry	Brown Rice	Shrimp	Broccoli, Carrot, Red Onion
Spaghetti with Meat, Veggies & Lentils	Whole Wheat Pasta	Lentils & 90/10 Ground Beef	Onion, Celery, Bell Pepper, Mushrooms
Fish Tacos with Mango Red Cabbage Slaw	Corn Tortilla	Fish	Red Cabbage, Red Bell Pepper, Mango
Vegetarian Summer Grain Bowl	Quinoa	Chickpeas	Zucchini, Corn, Tomatoes, Peaches
Turkey Meatballs with Veggie Sauce	Whole Wheat Breadcrumbs	Ground Turkey	Spinach, Onion, Mushroom, Tomatoes

# Today's Menu



## **Groups 1 & 5**

Southwest Chicken Pasta Salad

## **Groups 2 & 6**

Black Bean Veggie Burgers

Balsamic Marinated Mushrooms

Peanut Butter Chocolate Chip Bites

## **Groups 3 & 7**

Peanut Noodles with Crispy Baked Tofu  
or Chicken & Sauteed Vegetables

## **Groups 4 & 8**

Quick Red Beans and Rice

Salad with Creamy Pepper Parmesan  
Dressing



# Nutrition Goals for a Healthy Dinner

GCCM targets for Dinner	
Calories	500 - 600
Saturated Fat	< 5g
Sodium	< 550 mg
Fiber	5-10 g
Protein	At least 10 g

## **Protein Recommendations:**

Many Americans are currently meeting or exceeding the general recommendations for protein intake but are falling short on protein subcategories like fish and seafood, nuts, seeds and soy products (these foods are lower in saturated fat and cholesterol than meat). Just another reason to try adding more points of the Mediterranean Diet to your plate!

# Southwest Chicken and Sweet Potato Stew

# Green Onion Cornbread Muffins

Groups 1 & 5

## Nutrition Facts

8 servings per container

**Serving size** 1.5 cups (372g)

**Amount Per Serving**

**Calories** 230

% Daily Value\*

**Total Fat** 4g 5%

Saturated Fat 0.5g 3%

*Trans* Fat 0g

**Cholesterol** 40mg 13%

**Sodium** 320mg 14%

**Total Carbohydrate** 31g 11%

Dietary Fiber 8g 29%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 19g 38%

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 2.1mg 10%

Potassium 810mg 15%

\* 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.

## Nutrition Facts

12 servings per container

**Serving size** 1 muffin (59g)

**Amount Per Serving**

**Calories** 120

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 210mg 9%

**Total Carbohydrate** 23g 8%

Dietary Fiber <1g 3%

Total Sugars 7g

Includes 5g Added Sugars 10%

**Protein** 3g 6%

Vitamin D 0.1mcg 0%

Calcium 100mg 8%

Iron 1.1mg 6%

Potassium 60mg 2%

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CONTAINS: MILK, EGG, WHEAT



# Black Bean Veggie Burgers

# Balsamic Marinated Mushrooms

Groups 2 & 6

## Nutrition Facts

6 servings per container

**Serving size** 4 oz burger with bun (225g)

**Amount Per Serving**

**Calories** **300**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 40mg **13%**

**Sodium** 430mg **19%**

**Total Carbohydrate** 47g **17%**

Dietary Fiber 10g **36%**

Total Sugars 6g

Includes 3g Added Sugars **6%**

**Protein** 16g **32%**

Vitamin D 0.2mcg 2%

Calcium 230mg 20%

Iron 3.5mg 20%

Potassium 540mg 10%

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## Nutrition Facts

6 servings per container

**Serving size** 1/4 cup (104g)

**Amount Per Serving**

**Calories** **120**

% Daily Value\*

**Total Fat** 10g **13%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 10mg **0%**

**Total Carbohydrate** 9g **3%**

Dietary Fiber 0g **0%**

Total Sugars 6g

Includes 3g Added Sugars **6%**

**Protein** 2g **4%**

Vitamin D 0.1mcg 0%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 360mg 8%

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CONTAINS: MILK, EGG, WHEAT

# Peanut Butter Chocolate Chip Bites

Groups 2 & 6

## Nutrition Facts

12 servings per container

**Serving size** 2 balls (36g)

**Amount Per Serving**

**Calories** 160

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 2g 10%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 80mg 3%

**Total Carbohydrate** 16g 6%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 8g Added Sugars 16%

**Protein** 5g 10%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.7mg 4%

Potassium 110mg 2%

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CONTAINS: MILK, PEANUTS



# Peanut Noodles with Crispy Baked Tofu & Sauteed Vegetables

# Peanut Noodles with Chicken & Sauteed Vegetables

Groups 3 & 7

Tofu

## Nutrition Facts

8 servings per container

**Serving size** 1 1/2 cups (291g)

**Amount Per Serving**

**Calories** **430**

% Daily Value\*

**Total Fat** 21g **27%**

Saturated Fat 3g **15%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 410mg **18%**

**Total Carbohydrate** 45g **16%**

Dietary Fiber 9g **32%**

Total Sugars 7g

Includes 2g Added Sugars **4%**

**Protein** 22g **44%**

Vitamin D 0mcg 0%

Calcium 160mg 15%

Iron 3.7mg 20%

Potassium 690mg 15%

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CONTAINS: WHEAT, PEANUTS, SOY, SESAME

Chicken

## Nutrition Facts

8 servings per container

**Serving size** 1 1/2 cups (284g)

**Amount Per Serving**

**Calories** **430**

% Daily Value\*

**Total Fat** 19g **24%**

Saturated Fat 3g **15%**

*Trans Fat* 0g

**Cholesterol** 40mg **13%**

**Sodium** 370mg **16%**

**Total Carbohydrate** 42g **15%**

Dietary Fiber 9g **32%**

Total Sugars 7g

Includes 2g Added Sugars **4%**

**Protein** 29g **58%**

Vitamin D 0mcg 0%

Calcium 90mg 6%

Iron 3mg 15%

Potassium 880mg 20%

\* 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.

CONTAINS: WHEAT, PEANUTS, SOY, SESAME

# Quick Red Beans and Rice

Group 4

## Nutrition Facts

6 servings per container

**Serving size**

**1 cup beans with 1/2 cup rice (430g)**

**Amount Per Serving**

**Calories 300**

**% Daily Value\***

**Total Fat** 3.5g **4%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** <5mg **1%**

**Sodium** 400mg **17%**

**Total Carbohydrate** 56g **20%**

Dietary Fiber 8g **29%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 13g **26%**

Vitamin D 0mcg 0%

Calcium 140mg 10%

Iron 3.9mg 20%

Potassium 770mg 15%

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## Nutrition Facts

6 servings per container

**Serving size**

**1 cup beans with 1/2 cup rice (425g)**

**Amount Per Serving**

**Calories 300**

**% Daily Value\***

**Total Fat** 3.5g **4%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 360mg **16%**

**Total Carbohydrate** 56g **20%**

Dietary Fiber 8g **29%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 12g **24%**

Vitamin D 0mcg 0%

Calcium 140mg 10%

Iron 3.9mg 20%

Potassium 770mg 15%

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# Salad with Creamy Pepper Parmesan Dressing

Groups 4

## Nutrition Facts

4 servings per container

**Serving size**

**2 cup salad with 2 Tbsp dressing (402g)**

**Amount Per Serving**

**Calories 200**

**% Daily Value\***

**Total Fat** 11g **14%**

Saturated Fat 3.5g **18%**

*Trans* Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 270mg **12%**

**Total Carbohydrate** 17g **6%**

Dietary Fiber 7g **25%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 11g **22%**

Vitamin D 0mcg **0%**

Calcium 260mg **20%**

Iron 2.9mg **15%**

Potassium 720mg **15%**

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CONTAINS: MILK, WALNUT

**Thank you for joining us and  
we hope to see you next week  
for our Week 5 lesson on  
snacks & desserts!**