

Superfoods II

Legumes and Beans



Another one of our Superfoods category, this inexpensive legume family, which includes beans, peas, peanuts and lentils, has priceless benefits.

- Legumes are rich in folic acid, calcium, iron, potassium, zinc and antioxidants hence are great for vegetarians. In fact non vegetarians will also benefit from this food group due to the fact that plant proteins are healthier than animal proteins.
- Their high protein and complex carbohydrates provide steady energy that lasts for hours thus keeping you going for a longer time than any of the other carbohydrates.
- They are especially high in soluble fiber, and a daily serving of cooked beans can lower blood cholesterol by as much as 18 percent, decreasing the risk of heart disease.
- Most legumes also contain protease inhibitors, compounds thought to suppress cancer cells and slow tumor growth. A regular weekly intake can help in keeping cancerous cells from developing in the first place.
- And then there are the probiotics in beans, substances that aid in beneficial bacteria growth in the intestine hence enhancing the existing atmosphere in the stomach aiding digestion and helping to avoid digestion based diseases like Irritable Bowel Syndrome.
- All legumes, and especially soy, are important in vegetarian diets for their high protein content.

But best of all, beans taste great and kids love them too. Dried beans have a superior taste and texture but they take longer to cook. Canned beans offer a quick alternative and most of the same health benefits. Rinse canned beans with water before cooking and you'll remove as much as 40 percent of the sodium used in processing.

Here we have a dish that presents a fabulous medley of beans and vegetables that is fit for a king. You could if you wanted, add chicken or prawns to the dish if you should fancy. You will however need to precook the chicken or meat to ensure all ingredients will have cooked evenly by the time you have finished cooking the dish.

With or without the meat, chicken or fish, you can rest assured that this is a fully balanced meal which ensures you take in all your daily requirements of food groups.

Moroccan Bean Tagine

This delicious medley of beans is a favourite with kids and adults and leaves you with a well satisfied feeling. Very easy to put together, this dish is great when you have vegetarian guests over or even as a good family dinner at the weekend. The time and effort required to put it together is very minimal as you just need to throw in a few ingredients together in a casserole dish making it one of the easiest dishes ever to make.

Ingredients

Serves 4

- 1 can of kidney beans
- 1 can of Cannelloni Beans
- 1 can of Chick peas
- 2 cans of peeled and chopped tomatoes
- 6 cloves of garlic finely sliced and roasted till brown
- 5 tbsps of tomato paste
- 1 large potato chopped into small chunks
- 10 spears of asparagus
- 10 baby corn
- 20 olives
- 10 small cubes of Saudi feta cheese
- 4 medium sized Lebanese pita bread
- 1 tsp of cumin seeds/powder
- 4 tbsp of Peri Peri Sauce ranging from Mild to Extra Hot
- 4 tbsp of Peri Peri Garlic sauce
- 1 tsp of olive oil
- Soy sauce
- Salt and Pepper to taste



Method

1. In a large casserole dish, place a layer of the small Lebanese pita bread which will cover the base of the dish fully.
2. Make sure you drain your various canned beans and wash them under running water to get rid of the extra sodium content
3. Pour the beans on top of the breads to cover them up evenly
4. Pour your Peri Peri Sauces on top ensuring even coverage
5. Sprinkle roasted garlic, soy sauce, cumin seeds/powder, salt and Pepper
6. Add chopped veggies and potatoes again ensuring even distribution to ensure even cooking
7. Pour on your chopped tomatoes and tomato paste
8. Finally add your olives and feta cheese

Cover your dish with a lid or Aluminium foil and place in a pre heated oven for approximately 35 minutes. If you have added meat or chicken then add an extra 15 minutes to the cooking time.

This will ensure all the tomato based juices are absorbed through your ingredients making them all succulent and delicious.

For an even better taste you could marinate the ingredients overnight and cook the next day or cook on the day before you want to eat it.

Enjoy your culinary masterpiece with brown boiled rice, quinoa or wraps making it a wholesome and delicious family treat.

For further information on Superfoods or for nutritional advice for weight loss, weight gain or simply for a healthier lifestyle, call

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