

HEINZ BEANS



Heinz brings the Goodness of Beans to the World

Better Health

What super food is shown to help with weight loss, manage blood sugar and cholesterol levels? Maybe you guessed it, beans!

Beans are healthy source of carbohydrate as well as nutrients such as Vitamin C, iron, folate, zinc, potassium and protein.

The body needs a steady source of energy for maximum performance. Eating beans – which are an excellent source of soluble and insoluble fiber – can help to stabilize energy without any major spikes or drops. Soluble fiber is involved in blood cholesterol regulation, and insoluble fiber is key to good digestion. The recommended daily fiber intake is 38 grams of total fiber for men and 25 grams for women. Just ½ cup of beans everyday can provide between 3–6 gm of fiber.

Gluten Free

Gluten is found in popular grains and cannot be tolerated by individuals with celiac disease, gluten sensitivity and gluten allergies. It is estimated that 1 in every 100-300 people in different countries around the globe have a reaction to gluten. Luckily, individuals with celiac disease or gluten-sensitivity can rest assured that beans are a naturally gluten-free food and an excellent alternative source of nutrition.

Protein

Beans can contain up to 35% protein as well as a variety of amino acids important to protein synthesis in the body. They are also a good, low fat vegetarian source of iron and zinc, which are minerals that are found in meat, poultry and fish.

Sustainability

Beans, otherwise known as “pulse crops,” are grown world-wide for food and hold significant cultural and nutritional impacts. Cultures today use beans for ethnic dishes such as hummus, baked beans, tofu, falafel, githeri and the American favorite chili. One naturally sustainable benefit to pulse crops is they can use nitrogen, an essential plant nutrient, from the air and turn it in to a form that can be used by plants. This means that pulses require less non-renewable energy inputs than many other crops, making them an environmentally friendly food choice.

For more information on where to find Heinz beans products around the world go to www.Heinz.com



MAPLE BEAN STUFFED ACORN SQUASH

Serves 4

Prep Time: 10 minutes

Cook Time: 15 minutes

- 1 tbsp butter
- 1 small onion, chopped
- 1 tbsp chopped fresh rosemary
- ¼ cup dried cranberries
- 1 can HEINZ® Maple Style Beans
- ½ tsp finely grated orange zest
- 2 medium acorn or pepper squash, about 1 lb
- ¼ tsp freshly ground pepper

Preheat oven to 350°F (180°C). Melt the butter in a nonstick skillet set over medium heat. Add the onion and cook until golden brown. Stir in the rosemary and cranberries and cook for 2 minutes. Stir in the baked beans and orange zest.

Cut the squash in half lengthwise and discard the seeds. Par-cook the squash in the microwave on high for 4 to 6 minutes. Sprinkle the inside of the squash with pepper. Divide the bean mixture between the squash and set on a rimmed baking sheet. Bake for 25 minutes or until squash is tender.

[Heinz Recipe](#)