The simplest way

...to use legumes

Did you know that legumes are classified as a vegetable?

Legumes include: **baked beans**, **kidney beans**, **lentils**, **chickpeas**, **cannellini beans** and **split peas**.

They’re high in protein, fibre, B-group vitamins, calcium, iron, phosphorus, zinc, magnesium, folate and anti-oxidants.

*Basically, they are really good for you!* Besides their nutritional value, the great thing about legumes is that they’re very cheap, readily available and easy to use.

Chickpeas make a great addition to casseroles, soups and pasta sauces. Add lentils or kidney beans to minced meat in bolognese, chilli con carne and nachos.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](http://facebook.com/eatittobeatit)

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