

## Cold Weather Nutrition Tips

Casseroles, stews and soups: These are all good ways in cool weather to sneak more nutrition into your eating plan.

Dried beans and peas like navy, kidney, black or split provide fiber, protein, iron, folic acid, calcium, magnesium, potassium, carbohydrates and other B vitamins. In addition, dried beans and peas are low in fat and are cholesterol-free. Cooking dried beans requires some preparation. Soak beans overnight, drain and add fresh water, then cook for two to three hours or until tender.

Add rice or pasta, vegetables and lean meat for increased flavor and nutrition. If you use canned beans in soup, add less salt. You can also experiment with different spices to change the character of your entrée.