

Legumes: The Low-fat, Inexpensive Meat Alternative You Have Been Looking For

By Nawal Omran

Legumes are nutritious meat alternatives that are high in protein and low in fat. Popular legumes include beans, lentils, peas, alfalfa, and soybeans. Found fresh, dried, and canned, these inexpensive foods are high in nutrients, some of which are often difficult to get from foods, such as fibre, iron, folate, manganese, magnesium, potassium, phosphorus, and zinc. While many people avoid these meat alternatives as they are known to cause bloating, thoroughly draining and rinsing of canned legumes or changing the water used to soak dried legumes every few hours can significantly reduce and even eliminate these affects.

The best part about these nutrient-filled meat-alternatives is that they are easy to add to almost any meal. Whether is be kidney beans in breakfast burritos, chick peas in stew, lentils in soups, or even black beans in brownies, getting legumes into your diet is easy.

Want to give legumes a try? Try the simple, in-season ***butternut-squash black bean chilli recipe*** found in the link below.

Enjoy!

<http://www.loveandlemons.com/butternut-squash-black-bean-chili/>

