

# ***Welcome to the 13 Moons Health Challenge***

## ***Makwa Giizis - Eat More Legumes***

With the assistance of our Gijigowi Anishinaabemowin Language Department and the staff of Ziibimijwang Farm, this month we will explore the food topic: Mskodiismin [m sko diis min] (Bean) is Our Relative and provide some information about Sister Bean and Mskodiismin as Medicine.

You may have participated in our health challenges before, and this one will be equally fun because we are going to ask you to eat more Mskodiisminak [m shko diis mi nak] (Beans). For this challenge, we are talking about dried beans, or legumes, which are the fruits or seeds found in the long seed pods of leguminous plants.

**Mskodiisminak have some amazing super powers** because they are loaded with protein, vitamins, minerals, soluble fiber, slow-releasing carbohydrates, and are a great source of prebiotics. Mskodiisminak help us feel full and stay satisfied after a meal or snack; they help regulate blood sugar and blood cholesterol levels; they provide many nutrients to help us build our own super powers; and all of that soluble fiber supports gastrointestinal health.

**This week, starting Tuesday, February 1st, we are challenging you to eat at least ½ cup of legumes each day most days of the week (four or more days of a week or 16 times in the next four weeks).**

What are legumes? For this challenge, we will count any dried peas, beans and lentils. We hope that you enjoy the opportunity to explore eating many different types of Mskodiisminak.



**One serving is  
1/2 cup of cooked  
dried beans, peas or  
lentils, OR  
1 cup of bean, pea or  
lentil soup**

- **Your peas, beans and lentils can be prepared from dry (see attached information about rehydrating and cooking)**
- **You may also use canned beans. Drain and rinse them to reduce added sugars and sodium.**
- **There are breads and foods that can be made with garbanzo, black bean and fava (faba) flour and those will also count towards your intake.**

## **How can you make this happen? Here are 15+ Ideas to Eat More Mskodiisminak!**

- Try one of the three attached recipes or look for others online
- Add 2 extra cans of different beans to your favorite chili recipe
- Try a calico beans recipe
- Make a pizza crust or flatbread with garbanzo flour
- Sprinkle beans or lentils onto a salad or serve them on a sweet potato
- Have roasted chickpeas as a snack – mm mm, did I hear curry?
- Make a hearty bean soup (and freeze some for a different time)
- Make a lentil loaf instead of meat loaf, or add cooked lentils / beans to your meat loaf
- Make your own hummus, or buy some in the deli section – spread on a sandwich
- Puree white beans and add to spinach and artichoke dip
- Try a black bean or lentil burger or lentil sloppy joes
- Snack on a handful of soy nuts rather than on chips or crackers
- Black bean and hominy bowls sound yummy for dinner or lunch
- Celebrate taco Tuesday with black bean or lentil tacos
- How about sweet potato black bean burgers?
- Try a bean pasta served with your usual red sauce
- Experiment with chickpea flour in muffins for a snack or with breakfast
- Add black beans to salsa and serve with corn tortilla chips
- Have baked beans with your dinner or for breakfast
- Mix a can of beans into a favorite casserole dish or your spaghetti sauce
- Blend a can of chickpeas w/ a can of tuna & mayo for a new wave tuna sandwich

*We hope that you try some new dishes, or bring out some old favorites and amp up your soluble fiber, plant protein, and nutrient intake this month. Most of all, HAVE FUN!*

**Remember as you increase your fiber intake to increase or fluid intake, too!**

Adapted from: [Eat More Not Less Legume Challenge – Kelly Jones Nutrition](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/legumes/art-20044278); <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/legumes/art-20044278>; <https://jillweisenberger.com/12-delicious-ways-eat-more-beans/>