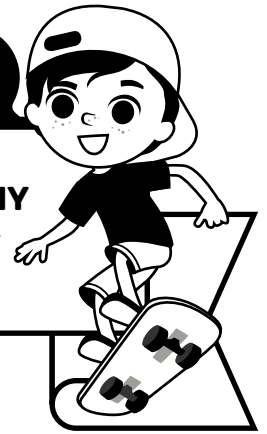




Black beans are known as
frijoles negros in Spanish.



EARTHY
RICH

BLACK BEANS

CREAMY
NUTTY

Did You Know?

Beans are often lumped together with produce like fruits and vegetables. But actually, beans are legumes, a group that also includes peas and lentils.

Full of Nutrients

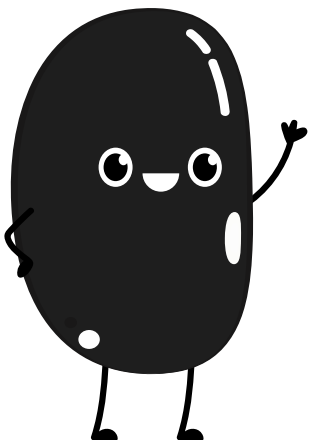
In addition to being a good source of protein (especially for vegetarians!), black beans are high in magnesium, iron, and folate.

Warm or Cold

There are hundreds of ways to prepare warm black beans, but you can also eat them cold. They're a great way to add protein to a salad, or you can even eat them right out of the can.

Word Search Puzzle

There are 10 appearances
of the word **BEAN** below.
Can you find them all?



A	D	P	W	S	N	D	I	K	W
E	N	A	E	B	Z	A	E	J	V
N	G	M	Y	N	V	H	V	X	B
A	F	W	A	W	Q	Z	D	B	I
E	I	E	B	N	H	W	E	R	N
B	B	E	Q	H	A	A	I	A	Q
T	A	B	Y	H	N	E	E	C	B
N	T	Q	E	L	Q	B	B	T	O
Q	N	S	M	A	Z	O	F	O	X
D	E	Y	W	C	N	A	E	B	Y



Fun Fact
Black beans are
botanically known
as *Phaseolus*
Vulgaris