

Harvest of the Month



Network for a Healthy California

Taum Qhuav



BLACKEYE PEA



GARBANZO



LIMA

Kev Noj Qab Nyob Zoo Thiab Kev Kawm Ua Tau Zoo Ua Ib Ntxaig Ua Ke

Yog tias koj tus menyuum noj ntau yam zaub mov ntauw txhua txhua pab zaub mov nws yuav pab koj tus menyuum tsis muaj mob. Cov menyuum yuav kawm tau ntauw zoo yog tias lawm tsis muaj mob. Raws li MyPyramid tau qhia, taum qhuav nws nyob rau hauv ob pab zaub mov. Taum qhuav nyob rau hauv pab pawg nqaij thiab taum vim rau qhov lawm muaj zoo protein. Taum qhuav nyob rau hauv pab zaub mov ua yog zaub vim rau qhov hais tias nws muaj zoo vitamin thiab fiber. Tov taum qhuav nrog rau koj tsev neeg cov khoom noj kom muaj ntau yam noj thiab pab lawm kev noj haus kom tsis txhob muaj mob. *Harvest of the Month* yuav qhia tau koj noj kom ib ce muaj zog thiab kom koj nquag.

Kev Pab Qhia Me Ntsis Txog Taum Ntsuab

- Nws muaj ntau hom taum qhuav nrhiav cov taum qhuav ua yog: garbanzo (chickpeas), blackeye peas (cowpeas), lentils, navy, lima, pinto, kidney, thiab black beans
- Xaiv cov taum qhuav ua xooob, thiab cov taum qhuav no nws xim los kwj sib thooj thiab nws tsis loj tias me
- Xaiv cov ua muaj qes sodium ua nkoog lawm lossis nyob hauv kas poos
- Muab cov taum qhuav cia rau hauv lub tais rau khoom kom tsis txhob muaj pa thiab muab nws cia rau hauv ibqhov chaws ua txias, qhuav, thiab tsaus ntuj
- Muab cov taum qhuav ua nyob hauv kas poos lossis nkoog lawm cia tawm tsam koj xav muab txuas nrog kua zaub, casseroles thiab quesadillas.

Tswv Yim Ua Zaub Mov Noj

- Thaum uas muab taum qhuav coj los ua noj muab nws npau.
Koj yeej siv tau cos ua nyob hauv kas poos lossis cov ua nkoog lawm
- Nxiv kaus taum lossis kidney taum rau koi li xam
 - Hloov nqaij qhov chaw tov lentils rau koj li casse- role ua koj nyiam tshaj
 - Nxiv navv taum rau kuazaub kom muai protein
 - Nphoo taum dub nyob saum koj li pizza kom nws qab thiab muaj fiber
 - Siv cov taum ua koj nyiam noj tshaj los ua cov ntsw kom qab lossis hummus

Chickpea Ntsw nrog Zaub ua Ntshab

Makes 4 servings.
2 tablespoons per serving.
Sijhawm ua noj: 15 feeb

Txuj Lom

- 1 (15 oz) kas poom chickpeas (ib yam li garbanzo taum), tso dej tawm, thiab muab yaug
- 3 lub qej
- 1/4 khob yogurt ua yog lowfat
- 1 tbs. bix qaub kua bix (lemon juice)
- 1 tsp. bix roj (olive oil)
- 1/4 tsp. ntsev
- 1/4 tsp. paprika
- 1/8 tsp. fwj txob hlais ib tug nruab nrab zaub ntug hauv paus (carrot)
- hlais 2 tug nruab nrab zaub kav (celery)
- 1/2 khob snap peas

1. Muab cov thawj thawj 8 txuj lom coj los tov kom nws muag.
2. Noj thaum ua siav ntsw nrog zaub ntug hauv paus, zaub kav, thiab snap peas.

Nutrition information per serving:
Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 336 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

Los Siv Lub Cev Dhia Ua Si!

- Hauv Tsev:** Khiav nrog koj cov menyuum thaum nej saib TV.
- Tom chaw ua hauj lwm:** Nres koj lub tshab kom deb li deb tau ntauw lub qhov rooj. Txhua txhua ruam ua koj mus yeej suav tau!
- Tom tsev kawm ntauw:** Txhawb koj tus menyuum kom nws dhia hlua ua si thiab hula hoop thaum lub caj so ua si.
- Nrog koj tsev neeg:** Xyav ua ntej koj mus pw. Nws yuav pab tau nej lub ce kom xooob thuav thiab nej yuav pw zoo

Yog xav tau tswvyim nrxiv, mus saib:
www.bam.gov

Nutrition Facts

Serving Size: 1/2 cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	25%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

Kuv Yuav Tau Noj Npaum Li Cas?

- Ib nram khom taum qhuav uas muab suav yog ntau npaum li ib teg Yog li ntauw nws ntau npaum li ib khom thiab ib nram taum ua twb siav lawm.
- Ib nram khob ntauw cov taum ua twb siav lawm muaj zoo fiber thiab folate.
- Taum qhuav muaj zoo zaub protein, iron thiab potassium
- Protein nyob hauv peb cov zaub mov ua peb muaj zoo pobtxha, thooj nqaij leeg, plau, thiab tawv nqaij nyob rau ntauw peb lub cev.

Cov txiv hmab txiv ntauw thiab zaub uas koj yuav tau noj yuav los ntauw koj hnuv nyooq, poj niam los sis txiv neej thiab seb koj dhia ua si txhua txhua hnuv npaum li cas. Saib daim ntauw qhia hauv qab no seb koj tsev neeg txhua txhua tug yuav tsum tau noj ntau

Yuav Tsum Tau Noj Txiv Hmab Txiv Ntauw

	Menyuam, 5-12 xyoo	Tub ntshais & cov laus 13 mus rau yav sauv
Txiv neej	2 1/2 - 5 khob ib hmab	4 1/2 - 6 1/2 khob ib hmab
Poj niam	2 1/2 - 5 khob ib hmab	3 1/2 - 5 khob ib hmab

Yog xav paub nrxiv, mus saib tau ntauw:
www.mypyramid.gov

Lub Caj No Muaj Dab Tsi?

Taum qhuav yeej muaj txhua txhua lub caj ntuj thiab yeej muaj ntau yam xim, lossis loj thiab me. Taum qhuav yeej muaj muag thaum ua lawm nkoog thiab hauv kas poos.

Sim lwm yam taum qhuav thiab xws li: txiv ntseej, txiv laum huab xeeb (sunflower seeds, soybeans)