



Beans have been farmed for hundreds of years by the First Nations of North America, primarily using the “Three Sisters” method, which combines squash, beans and corn. It has now been scientifically proven that, when grown together, all three species are much more productive (yielding approximately 30% more).¹

BENEFITS

Like all legumes, beans contain more fiber and less saturated fat than other types of high-protein foods, so they’re good for your heart. An important source of protein and iron, and high in fiber, legumes provide a good boost to your health!² They satisfy hunger (provide a feeling of fullness) and have one other super power: they help maintain healthy digestion!

Expanded production of legumes can be the key to increasing resilience to climate change. Thanks to their broad genetic diversity, we are able to choose varieties that are adapted to changing conditions. Their ability to capture nitrogen from the air helps nourish the soil, increase its biodiversity and improve its structure.³ They require less nitrogen fertilizer, and this means lower GHG emissions.

WHY ADOPT A PLANETARY HEALTH MENU?

Planetary health menus can improve both human and planetary health.

→ **Read our [fact sheet](#) to find out more!**

1. Zhang et al. (2014). Root foraging elicits niche complementarity-dependent yield advantage in the ancient ‘three sisters’ (maize/bean/squash) polyculture. *Annals of Botany*, 114, Pp. 1719-1733. DOI:10.1093/aob/mcu191
2. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>
3. <https://www.fao.org/newsroom/story/Pulses-and-soils-a-dynamic-duo/en>

THREE SISTERS SALAD



🕒 10 MINUTES

Servings: 4

INGREDIENTS

FOR THE VINAIGRETTE

- 15 ml (1 tbsp) cider vinegar
- 5 ml (1 tsp) Dijon mustard
- 5 ml (1 tsp) Maple syrup
- 45 ml (3 tbsp) olive oil
- 2.5 ml (½ tsp) dried oregano
- Pinch of salt and pepper

FOR THE SALAD

- 2 green onions, chopped
- 1 handful of fresh basil, chopped
- 1 zucchini, cut into thin half-slices
- 1 cup corn kernels
- 2 cups cooked black beans (or 1 can 541 ml, rinsed and drained)

PREPARATION

1. Combine all salad ingredients.
2. Add vinaigrette.

Source: Inspired by the CHU Sainte-Justine and adapted by Amélie Parenteau, nutritionist for Équiterre

HOW IS IT USED IN THE KITCHEN?

- There’s no shortage of dried bean varieties in Quebec. Like other legumes, soak them first the day before to reduce cooking time! You can then use them in both sweet and savoury recipes.
- Did you know that you can use kidney beans to make brownies? If you prefer something savoury, try using them in a stir-fry, with rice and tomatoes!

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ALL-IN-ONE ENCHILADA-STYLE RICE



🕒 30 MINUTES 📅 30 MINUTES

Servings: 4

INGREDIENTS

- 15 ml (1 tbsp) canola oil
- 15 ml (1 tbsp) minced garlic
- 1 medium yellow onion, chopped
- 2 coloured bell peppers, chopped
- 1 large tomato, chopped
- 500 ml (2 cups) water
- 200 g (1 cup) long grain rice
- 170 g (1 cup) cooked black beans, drained
- 15 ml (1 tbsp) chopped fresh cilantro
- 175 ml (¾ cup) tomato puree (optional: add 30 ml tomato paste)
- ½ cup fresh or frozen corn
- 2.5 ml (½ tsp) chili powder
- 2.5 ml (½ tsp) cumin
- Salt and pepper to taste
- 50 g (½ cup) grated cheese (optional)

PREPARATION

1. Preheat the oven to 400°F (200°C).
2. Heat oil in an ovenproof skillet over medium heat. Add garlic and onion and stir until garlic is lightly browned and onion is softened.
3. Add peppers and sauté for 2-3 minutes, until softened.
4. Add tomatoes and sauté for 1 minute. Remove sautéed vegetables from the pan, and set aside.
5. In the same pan, pour water and bring to a boil.
6. Add rice (or quinoa or other grain) and stir for 12 to 15 minutes, until rice is more puffy but still slightly tender.
7. Stir in the sautéed vegetables and black beans.
8. Add the cilantro, tomato purée (and paste, if used), corn, chili powder, cumin, salt and pepper. Stir to combine.
9. Sprinkle cheese on top, to taste.

10. Bake for 20 - 25 minutes (covered for the first 15 minutes), until the rice is tender and the cheese is melted and bubbly.

11. Cool for 5 minutes.

Source: Amélie Parenteau, nutritionist for Équiterre

GOOD TO KNOW

- The recipe calls for pre-cooked black beans. No dried beans on hand or no time to cook them? You can find canned beans, just be sure to rinse them well before using!
- No-waste tip: a small 398 ml can makes 1½ cups of drained beans, feel free to add the whole can!
- No fresh tomatoes? Use about 1 cup of drained diced tomatoes from a can. Use the drained juice as needed during cooking or in another recipe such as a soup.
- Fresh garlic can be replaced with 2.5 ml (½ tsp) of garlic powder.
- Rice can be replaced with 1 cup of quinoa or another grain (adjusting the water and cooking time, as needed).
- If you want, you can add ½ a diced avocado or cilantro to garnish, as a final touch. Note that fair trade avocados are sometimes available!
- Adding tomato paste enhances the taste of the dish at little cost (but it remains optional!). As you may have guessed, we are talking about umami flavor here!

💡 *Umami flavor is actually the 5th flavor, after sweet, salty, bitter, and sour! The term umami is translated from Japanese as "delicious taste." It's what gives food richness in terms of taste and the right flavor... In other words, it's the "wow" factor! To learn more, here's a [video explaining umami](#) (French only). For an English video that explains umami, here's [one from the Food Network](#).*

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