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June 2008, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602

- **Substitute mashed beans for ground meat: replace $\frac{1}{4}$ pound of ground meat with $\frac{1}{2}$ cup mashed beans**
- **Add $\frac{1}{4}$ cup of black beans or chickpeas to your salads**
- **Top pasta with steamed vegetables and beans**



Fruits and Veggies More Matters

Did you know?

Black-eyed peas are also called cowpeas.

<http://www.foodreference.com/html/fblackeyedpea.html>

Massachusetts is known as the Baked Bean State.

<http://www.foodreference.com/html/fnavybean.html>



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