

Recreate familiar favorites with Canned Beans!

Replace one-third of the
meat in **tacos or lasagna**
to reduce cholesterol.



Combine mashed chickpeas, hard
boiled eggs, mayo, Dijon mustard,
cumin, garlic, salt and pepper for
a **tuna takeover**.

Mash canned black beans on your
morning toast as a break
from nut butters and avocado.

