



Why and how should you increase your bean intake? Drs. Oz and Roizen explain. H6



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White beans add protein and kale contributes a plethora of nutrients to smoothies.
MICHELLE DUDASH

Smoothies satisfy even in off-season

I typically don't bother with smoothie recipes. I stick to the basics — bananas, summer berries, milk and yogurt — for delicious success. But smoothies are a bit more difficult to make during the winter months when fresh, local, seasonal fruit can be scarce.



MICHELLE DUDASH
HEALTHY DISH

I recently visited my good friend who whipped up vegan, clean-eating smoothies each morning for breakfast. Although they were delicious, they required a special bean-based protein powder. I'm not one to excel at using up an entire vat of protein powder before it expires, or ever, really. I suffer from self-diagnosed FADD (food attention-deficit disorder) and tire quickly of the same flavors. But it got me thinking, what if I used rinsed, canned white beans for added protein instead? The key is identifying the best amounts of sweet, acidic and fruity ingredients to create perfect harmony with the beans.

Kale is oh-so-trendy and rightfully so. It's full of disease-fighting nutrients. The fruits disguise the fact that you're drinking your salad from a glass.

I'm also fond of swirling in nut butters for added satisfaction. Are there any other ingredients that you use that do the trick?

Michelle Dudash of Scottsdale is a registered dietitian and Le Cordon Bleu-trained chef. Find a link to her blog, Dudash's Healthy Dish, at azcvoices.com.

Green Sneaky Bean and Winter Fruit Smoothie

From Michelle Dudash

- 6 ounces low-fat milk
- ¼ cup orange juice
- 1 cup thinly cut kale
- 1 orange, peeled and chopped
- 1 small pear, cored and chopped, skin-on
- 2 medium kiwis, halved, scooped from skin and chopped
- ½ cup canned Northern or other white beans, rinsed and drained
- ¼ cup loosely packed Italian flat-leaf parsley leaves
- 2 teaspoons agave nectar, or a bit more to taste
- 6 ice cubes

Place the milk and juice in the blender and then add the remaining ingredients. Puree on low for a few seconds until it is whirling smoothly and then turn up to high until bits of kale have become specks, about 1 minute.

Makes 2 servings.

Nutrition per serving: 230 calories, 2 g total fat (1 g saturated fat, 0 trans fat), 165 mg sodium, 4 mg cholesterol, 49 g total carbohydrate (9 g fiber), 9 g protein.