



## Legumes Recipes

Dried beans, peas and lentils can count as either a meat/meat alternate or vegetable in the Child and Adult Care Food Program. Green beans, lima beans and green peas can only count as vegetables. Peanuts are also a legume, and only count as a meat/meat alternate. Here are some ideas for including legumes on your menus:

- QCC's Harvest of the Month cookbook includes a recipe for [Yummy Lentil Soup with Fresh Greens](#)
- The [Institute for Child Nutrition](#) has a variety of CACFP-compliant recipes, including Greens and Beans Soup ([centers](#), [homes](#)), Baked Beans ([centers](#), [homes](#)), Breakfast Black Beans with Eggs ([centers](#), [homes](#)), Cheesy Bean Tostada ([centers](#), [homes](#)), Chickpeas and Tomatoes ([centers](#), [homes](#)), Cuban Black Beans and Rice ([centers](#), [homes](#)), Hoppin' John ([centers](#), [homes](#)), Minestrone Soup ([centers](#), [homes](#)), Vegetable Chili ([centers](#), [homes](#)), Tropical Bean Salad ([centers](#), [homes](#)), and more!
- National CACFP Sponsors Association has recipes for [Roasted Zesty Chickpeas](#), [Tuscan White Bean Pasta](#), [Chickpea Salad Sandwich](#), [Red Bean Curry](#), [Lentil Plantballs](#), [Beanie Dip](#), and more!
- Follow [these tips](#) to prepare beans for babies.