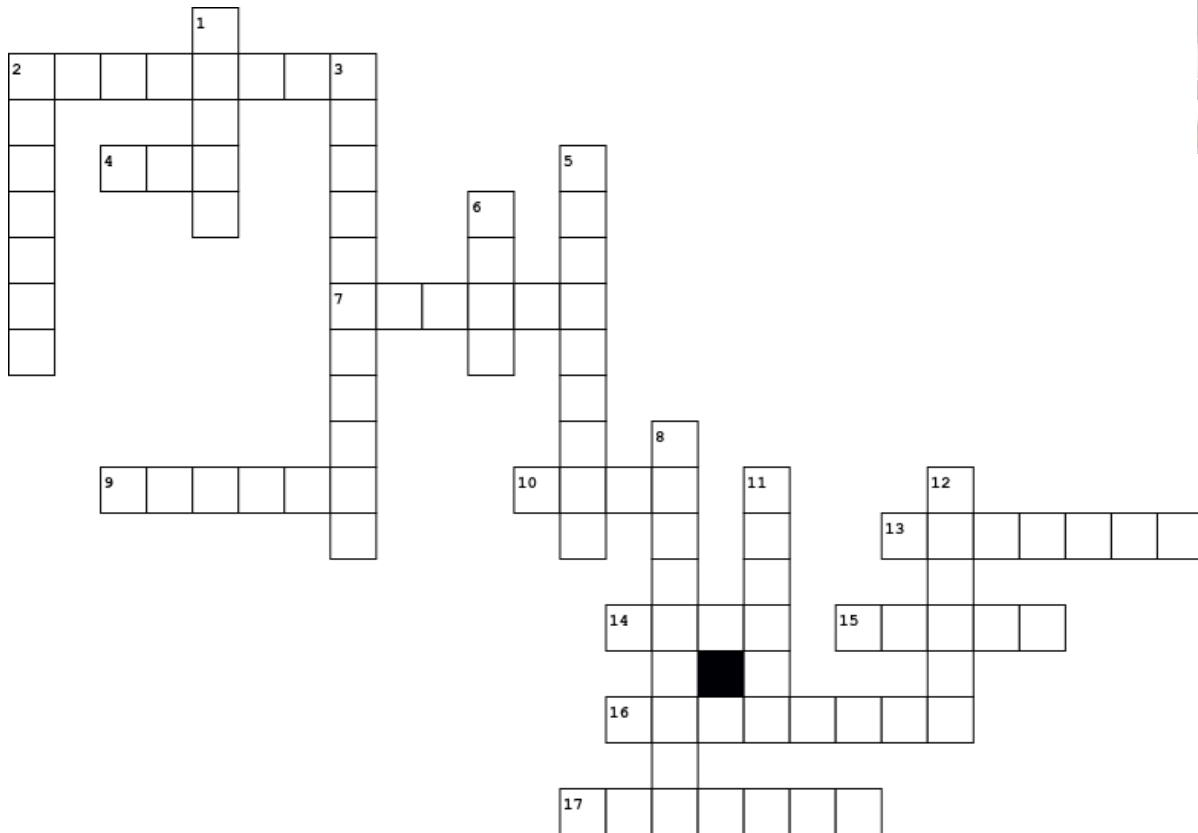
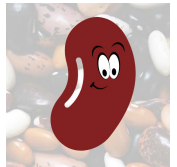


Beans Are the Best! Crossword



A Legume a Day

ACCESSIBLE AND TASTY RECIPES, WITH A PINCH OF SCIENCE



Across

2. The second largest producing bean state in the United States
4. Beans support ____ health, likely due to their fiber content
7. Wait to add _____ ingredients, like lemon juice, until after beans have softened
9. Non-oilseed legumes, including beans, chickpeas, and lentils
10. The season in which beans are generally harvested
13. Beans contain fiber and _____ in about a one-to-one ratio
14. Adding _____ to the soaking water reduces cooking time
15. Beans are one of the best sources of this dietary component
16. Beans fix _____, improving soil health
17. After cutting bean plants, they are gathered into a _____ to dry before combining

Down

1. The most common type of bean grown in Colorado
2. A _____ cooker measures bean cooking time
3. A bean organization in North Dakota and Minnesota
5. Another name for garbanzo beans
6. Beans grow on plants, inside _____
8. Beans take longer to cook at higher _____
11. Lima beans are also called _____ beans
12. Last name of the singer who sang The Bean Song