

Beans provide fibre

Tired of the same old sandwich? Looking for a quick lunch perk-up that will make mouths water, take no time to prepare, cost little and be nutritious all at the same time?

Look no further - the lunchtime rescuer is here. In fact it's always been right under your nose and more likely, in the back of your cupboard - canned baked beans. Rediscovering baked beans is a great way to get rid of lunchtime boredom. This original comfort food adds not only zip to everyday menu items, but also more than half the recommended daily intake of dietary fibre.

Many typical luncheon items can be given new life and added nutrition by including an old favorite like canned baked beans. Here are just a few ideas.

Quick Tacos? Substitute canned baked beans for refried beans in your favorite Mexican dishes for convenience and flavor. Heat one can of baked beans with chili powder and hot pepper sauce. Spoon onto warmed taco shells or tortillas. Top with shredded lettuce, chopped tomatoes and grated Cheddar cheese. If using tortillas, roll or fold dough over fillings.

Beany Dogs: Heat one can of beans with mustard and relish; spoon onto hot dogs for a hearty and delicious topping.

Submarine Beans: Try this when an ordinary submarine becomes too humdrum. Split and toast a submarine roll. Layer with your choice of sliced meat. Top with canned baked beans, grated cheese and shredded lettuce.

Souper Beans: For easy minestrone, add one can of baked beans to beef broth. Add diced vegetables, dried oregano and thyme leaves and cubed ham. Bring to a boil and stir in 1/2 cup of uncooked macaroni noodles. Simmer uncovered for 20 minutes, stirring occasionally.

Beany Pita Pizzas: Spread pita bread rounds with canned baked beans in tomato sauce. Top with shredded mozzarella cheese, sliced pepperoni and oregano. Bake at 400 F for 10 to 12 minutes.

Remember every cup of baked beans contributes about 19 grams of dietary fibre to your diet - over half the daily intake recommended by health professionals.

For more delicious ideas using baked beans as a mealtime rescuer and fibre booster write to: Great Bean Dishes, 20 Eglinton Avenue West, Box 2040R, Toronto, Ontario M4R 1K8.



Chocolate Sour Cream Cake

Serves 10 or more.

Ingredients:

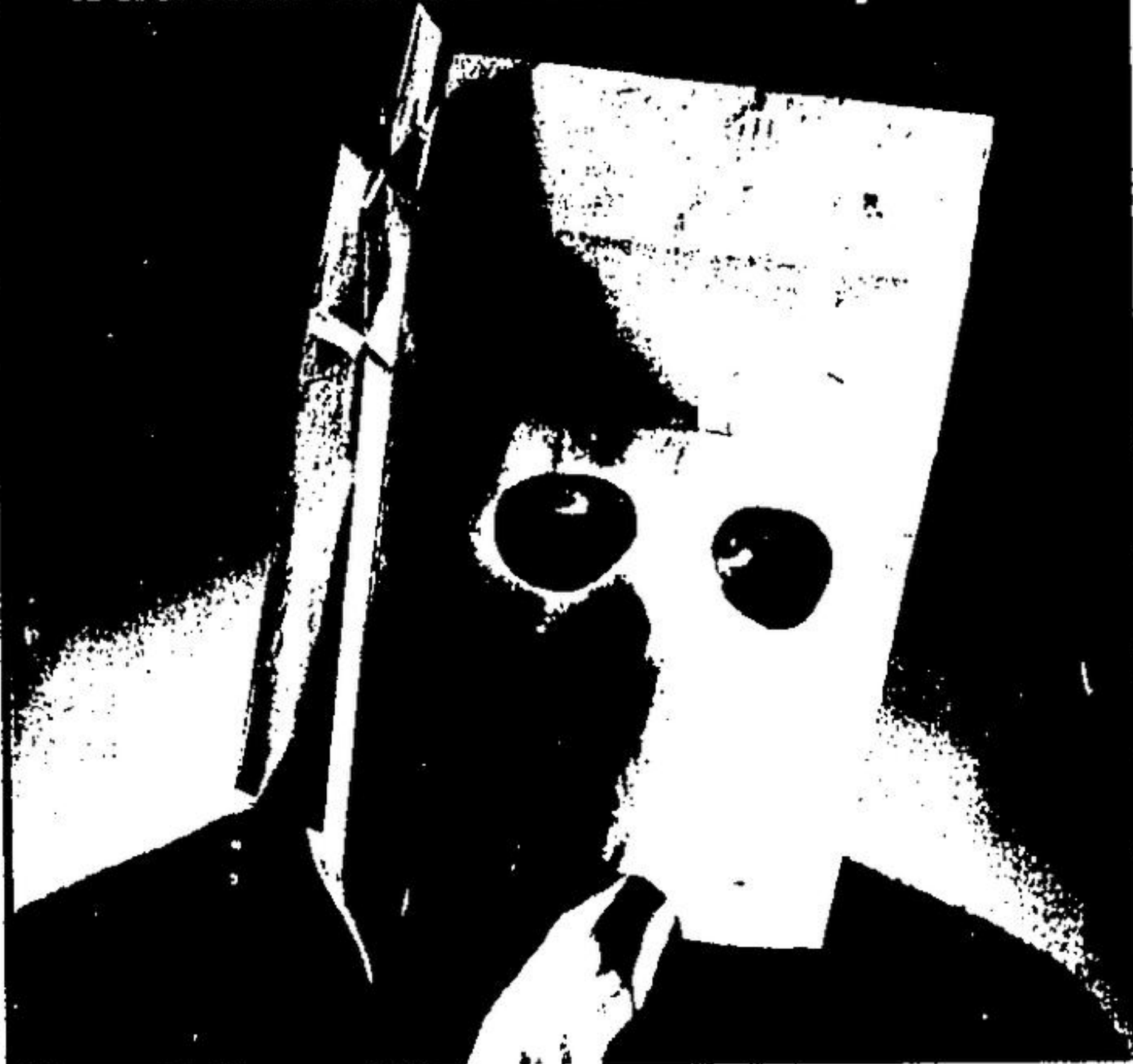
- 4 oz. unsweetened chocolate
- 4 oz. unsalted butter
- 1 cup hot water
- 1 tsp. instant coffee powder
- 2 cups granulated sugar
- 1 1/2 cups all-purpose flour
- 1 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 2 large eggs
- 1/2 cup sour cream
- 1 cup whipping cream

Method:

1. Preheat oven to 325 degrees F. Lightly butter and flour two 8 1/2" or 9" springform pans. Line the bottom with a circle of parchment paper or wax paper.
2. Place the chocolate, butter, water and coffee powder in a bowl that can go over hot water. Set over simmering but not boiling water. Heat, stirring occasionally until the mixture is smooth.
3. Remove from the heat and stir in the sugar, whisk until completely dissolve. Set aside to cool slightly.
4. Sift together the flour, baking powder, soda, and salt. Set aside.
5. Combine the eggs and the sour cream in a bowl and mix well.
6. Whisk 1/3 of the sour cream mix into the chocolate, then 1/3 of the flour; repeat until all the sour cream and flour are incorporated and the batter is smooth.
7. Pour 1/2 the batter into each of the two prepared springform pans. Bake in preheated oven for 30 to 40 minutes until a toothpick inserted in centre comes out clean. Remove from the oven and allow to cool in the pans for 10 minutes. Then remove from the pans and cool completely.
8. Beat whipping cream with 1/4 cup icing sugar until firm peaks form.
9. Spread whipping cream on bottom cake then place other cake on top.

Hint: You may ice this cake if you wish, however, it is so moist and rich that I much prefer it with just the whipping cream.

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