DRY BEANS TRIVIA

Dry beans are _____

- A. An excellent source of fiber.
- B. An excellent source of plant protein.
- C. Naturally low in fat and sodium.
- D. All of the above

ANSWER: D

DRY BEANS TRIVIA

True or False: Pinto Beans are the most popular bean in the United States and Northwestern Mexico, commonly used in Tex-Mex cuisine, chili and refried beans.

A. True B. False

DRY BEANS TRIVIA

In 1923, the first Great Northern beans were planted north of what Nebraska city?

A. Alliance B. Sydney C. Morrill D. Seward

ANSWER: C.

DRY BEANS TRIVIA

True or False: Dry beans are legumes grown to the mature stage, allowed to dry, and harvested for the seed within the pods.

A. True B. False