



Classic Boston Baked Beans

Serves 12

This legume dish is high in folate and a good source of iron. Folate helps form red blood cells, which contain iron. Both nutrients are important in preventing anemia.

2 cups dried small, white beans (navy beans), picked over and rinsed, soaked overnight and drained

1 cups water

2 bay leaves

$\frac{3}{4}$ tsp salt

1 yellow onion, chopped

$\frac{1}{2}$ cup light molasses

1 $\frac{1}{2}$ tablespoons dry mustard

3 strips thick-cut bacon, cut into $\frac{1}{2}$ -inch pieces

In a large, ovenproof pot with a tight-fitting lid or in a Dutch oven, combine the beans, water, bay leaves and $\frac{1}{2}$ teaspoon of the salt over high heat. Bring to a boil. Reduce the heat to low, cover partially and simmer until the beans have softened but are still firm, 65 to 75 minutes. Remove from the heat and discard the bay leaves. Don't drain the beans.

Preheat the oven to 350 F.

Stir the onion, molasses, mustard, bacon and the remaining $\frac{1}{2}$ teaspoon salt into the beans. Cover and bake until the beans are tender and coated with a light syrup, 4 $\frac{1}{2}$ to 5 hours. Check periodically to make sure the beans don't dry out, stirring and adding hot water as needed.

Nutritional Analysis

Calories	200
Fat	4g
Saturated Fat	1g
Monounsaturated Fat	2g
Cholesterol	4mg
Sodium	197mg
Carbohydrates	33g
Fiber	6g
Protein	9g
Potassium	599mg
Calcium	83mg

Diabetic Exchanges:

Starches	2
Fats	1