

## **TAKING THE PULSE: BLACK BEANS**

Black beans – they've been in our culinary culture for a long time. Before the Spanish came into Mexico, we didn't have that much meat...

...and we used to eat a lot of beans, because they are full of iron, vitamins. We had beans since the Mayans and the Aztecs.

My name is Olivier LeCalvez, and I'm from Mexico City.

One of my favourite dishes to make with black beans is my chopped salad.

Using fresh and healthy ingredients is very important.

Beans give you a lot of potassium and energy so you can burn more fat...

...and helps you when you do exercise.

The smells and the flavour just brings me back to when I was three, four years old.

I used to go a lot to the market with my grandfather, walking it, and have all the smells and colours like the corn tortillas, cilantro.

My grandmother used to cook a lot on Sundays for the whole family. We'd make a big batch of beans for the whole week, and then we do different plates and different dishes during the week.

Spreading beans like butter on the bread, on tortilla is a very healthy alternative.

Mexican culture is all around being at the table, and sharing.

Every time I eat beans I just remember Mexico.

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