

2020 HEALTH HEROES SPECIAL ISSUE SEE OUR WINNERS STARTING ON PAGE 31

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NOT JUST FOR BOYS:  
**ADHD IN  
GIRLS**

P.28

## NEIL PATRICK HARRIS & DAVID BURTKA

ON A MISSION FOR  
HEALTH HEROES  
WINNER

GOD'S LOVE  
WE DELIVER

P.32

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HOW TO  
DIFFUSE A  
**PANIC  
ATTACK**

P.36





### **BLACK BEANS**

*"Thick-skinned and hearty, they boast a lot of texture and flavor. Serve seasoned with lime juice and topped with a little sour cream and cheese. Or, puree to make a delicious dip."*

### **RED KIDNEY BEANS**

*"Beloved in the New Orleans classic red beans and rice, these hearty beans cook up creamy and combine beautifully with smoked ham, onions, celery, and garlic."*

### **LADY CREAM BEANS**

*"These tender little delicacies cook fast and easy. Simmer them with a little chili powder and garlic to complement their light, subtle flavor. Pairing them with zucchini or yellow squash makes a killer combination."*

# Cool Beans

A BUBBLING POT OF BEANS MAKES AN IDEAL COMFORT FOOD: NUTRITIOUS, DELICIOUS, FILLING

BY Matt McMillen REVIEWED BY Hansa Bhargava, MD, WebMD Senior Medical Editor

**VINCE HAYWARD HAS BEANS IN HIS BLOOD.** His family has owned New Orleans-based Camellia Beans for 100 years. He likes dried beans for their varied textures and flavors, their heart-healthy high fiber and low cholesterol nutrition profile, and their universal appeal: "No matter where you are, you'll find people brought together eating beans." These are six of his favorites.

## **BABY LIMA BEANS**

*"A bit sweet and loaded with fiber, these babies are big and satisfying beans. Simmer them with a leftover ham bone, smoked ham hocks, or—to go vegetarian—a favorite smoky spice."*

## **LENTILS**

*"Simmer these legumes for a mere 20 minutes, and they'll take on whatever flavors you've added to the pot. Butter and onions make ideal accompaniments. Serve them as a main course or as a side."*

## **BLACK EYE PEAS**

*"With a unique, delicate and earthy flavor, these distinctive looking beans feature on menus throughout the South and around the world. Stew them with kale, tomatoes, turmeric, curry powder, and coconut milk."*