



Quick Bites — Coffee

Coffee, alternately touted as medicinal and denounced as health destroying over the centuries, has become one of the most popular drinks in the world today. The Boston Tea Party turned coffee into a patriotic drink in colonial America. In 1952 an ad campaign promoted the idea of a coffee break, and it quickly became a daily ritual in workplaces, homes and churches in the United States.

What's in Coffee?

What you get in your cup of coffee varies with how the beans are grown and how you prepare it. Overall, coffee is a good source of the B vitamin riboflavin, and is also a concentrated source of antioxidant phytochemicals.

Coffee contains:

- Chlorogenic acid, an antioxidant compound that is the major phenol in coffee
- Quinic acid, a phytochemical that contributes to the acidic taste of coffee
- Cafestol and kahweol, compounds that are extracted from the beans' oil during brewing. Unfiltered coffee, such as French press or boiled coffee, contains these compounds
- Caffeine, a naturally occurring stimulant that affects the central nervous system
- N-methylpyridinium (NMP), created by roasting, may make the antioxidants more potent

Chlorogenic acid may be slightly lower in decaf coffee according to limited research, but it still contains plenty of phytochemicals. Lab studies suggest that instant may be lower in antioxidant potency than brewed coffee, though more research is needed.

- From AICR Health Talk - www.aicr.org



Nutrition Facts: Coffee

Serving Size: 1 cup brewed (8 oz)

Calories per serving: 2 calories

Excellent Source*	Good Source**
	Riboflavin (B2)

Black Bean Chili with Coffee

Ingredients:

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| 1 Tbsp. canola oil | 1 cup chopped onion |
| 3/4 cup chopped green bell pepper | 2 garlic cloves, chopped |
| 2 Tbsp. chili powder | 2 tsp. ground cumin |
| 1 Tbsp. finely ground coffee | 1 Tbsp. dried oregano |
| 1 (28-oz.) can ground or crushed tomatoes | Salt and freshly ground pepper |
| 1 cup reduced-sodium vegetable broth | 1 tsp. agave syrup or sugar |
| 2 (15-oz.) cans black beans, rinsed and drained | (optional) |

Directions:

In large saucepan or small Dutch oven, heat oil over medium-high heat. Add onion and green pepper, stirring often, until onion is translucent, 5 minutes. Add garlic, stirring occasionally, 3 minutes, .

Mix in chili powder and cumin, stirring until fragrant, 1 minute. Add coffee and oregano, stirring to combine with other seasonings. Add tomatoes, broth, beans and sweetener, if using. Stir together and bring chili to gentle simmer. Reduce heat and cook, uncovered for 20 minutes. Season to taste with salt and pepper.

May be made up to 3 days ahead. Reheat in heavy pot, covered, over medium heat. Add splash of vegetable broth if chili is too thick.

Makes 6 servings.

Per serving: 200 calories, 4 g total fat (less than 1 g saturated fat), 35 g carbohydrate, 11 g protein, 11 g dietary fiber, 296 mg sodium.

Note: Coffee adds deep flavor to this meatless, mildly hot chili. If possible, use a fine grind or whirl a coarser grind in a coffee grinder until very fine. This intense chili is good served over whole-wheat or spelt spaghetti as well as with brown rice, garnished with chopped onions and cilantro.



*For more information:
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