

SPICY BLACK BEANS FIT

Serving size: ½ cup

Makes 10 servings

- 1 ¾ cups Black Beans, dry
- 1 ½ TBSP Canola Oil
- 1 ½ cups Yellow Onions, diced
- 2 TBSP Garlic, peeled, minced
- 1 TBSP Chipotle Peppers in Adobo Sauce, canned, minced
- 1 TBSP Ground Cumin
- 1 TBSP Ground Coriander
- 2 TBSP Chili Powder
- 2 cups Tomatoes, whole peeled, canned, drained, chopped
- 1 TBSP Sherry Vinegar
- ½ tsp Vegetable Base
- ¾ cup Water
- 1 cup Cilantro

Preparation:

1. Place the dried black beans in a pot with enough water to cover them. Bring to a boil, then reduce the heat to medium-high and simmer for 45-60 minutes, or until the beans are tender. Drain and set aside.
2. In a braising pan, heat the oil over medium heat. Add the chopped onion and sauté for 5-7 minutes, or until the onions begin to show color. Add the minced garlic, chipotle peppers, cumin, coriander, and chili powder. Cook for 1 minute.
3. Add the diced tomatoes, sherry vinegar, vegetable base, and ¾ cup water to the pan. Stir to combine and cook for an additional 10 minutes.
4. Add the drained black beans to the pan and stir to combine. Cook until heated through. Garnish with fresh cilantro before serving.



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NUTRITION FACTS PER SERVING

calories	170
total fat (g)	3
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	100
total carbohydrate (g)	27
dietary fiber (g)	10
sugar (g)	2
protein (g)	9

BLACK-EYED PEA, BLACK BEAN SALAD, CORN, CILANTRO FIT

Serving size: ½ cup

Makes 13 servings

- ½ cup Black Beans, dry
- ½ cup Black-Eyed Peas, dry
- 2 cups Whole Kernel Corn, fresh, cut
- ½ cup Cilantro, chopped
- 2 TBSP Extra Virgin Olive Oil
- 2 TBSP Lime Juice
- 1 TBSP Red Wine Vinegar
- ½ tsp Garlic Powder
- 1 TBSP Granulated Sugar
- 1 tsp Chili Powder
- ½ tsp Ground Cumin
- 1 tsp Salt
- 1 cup Orange Bell Pepper, diced
- 1/3 cup Red Onions, finely chopped
- 2/3 cup Jalapeno, minced

Preparation:

1. Soak black beans and black-eyed peas overnight in water.
2. Drain and rinse the beans. Cook them on the stovetop in fresh water until tender. Drain and set aside.
3. Steam the corn kernels for about 1 minute, just until tender. Chill the corn in the refrigerator.
4. In a bowl, whisk together the cilantro, olive oil, lime juice, red wine vinegar, garlic powder, sugar, chili powder, cumin, and salt.
5. In a large bowl, toss together the black-eyed peas, black beans, corn, bell peppers, red onion, and jalapeño. Pour the dressing over the mixture and toss to coat evenly.



Registered Dietitian Approved!



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NUTRITION FACTS PER SERVING

calories	100
total fat (g)	3
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	150
total carbohydrate (g)	17
dietary fiber (g)	4
sugar (g)	3
protein (g)	4