

BLACK BEANS AND RICE

MAKES 4 SERVINGS

Ingredients

- 1 teaspoon vegetable oil
- 1 tablespoon garlic, finely chopped
- 1 cup onion, chopped
- 1 cup green pepper, diced
- 2 cans of low-sodium black beans
- 2 cups low-sodium chicken broth
- 1 tablespoon vinegar
- ½ teaspoon oregano
- 3 cups cooked rice
- black pepper to taste

Directions

1. In a large skillet, heat oil and cook garlic, onions, and green peppers for about 3 minutes.
2. Stir in the beans, broth, vinegar, and seasonings and boil.
3. Reduce heat and cover. Cook on low heat for 5 minutes.
4. Spoon over cooked rice and serve.

Calories	180	Cholesterol	0 mg	Sugar	23 g	Vitamin C	1 mg
Calories from Fat	20	Sodium	180 mg	Protein	5 g	Calcium	51 mg
Total Fat	3 g	Total Carbohydrate	38 g	Vitamin A	6 RAE	Iron	2 mg
Saturated Fat	0 g	Dietary Fiber	5 g				

Recipe adapted from Food and Health Communications, Inc.

RAINBOW VEGGIE SALAD

MAKES ABOUT 10 SERVINGS

Ingredients

- 1 can (about 15 ounces) low-sodium black beans, drained and rinsed
- 1 can (about 15 ounces) low-sodium red kidney beans, drained and rinsed
- 3 carrots, scrubbed and sliced
- 1 small yellow squash, washed and sliced
- 1 small green squash, washed and sliced
- ½ cup light Italian dressing
- ½ teaspoon black pepper

Directions

1. Mix all the vegetables together in a large bowl.
2. Pour dressing over the vegetables
3. Sprinkle with pepper.
4. Stir gently, coating all vegetables.
5. Cover and refrigerate at least 8 hours.

Tip

Serve with fresh vegetable sticks or low-fat tortilla chips.

Calories	100	Cholesterol	15 mg	Sugar	2 g	Vitamin C	1 mg
Calories from Fat	50	Sodium	190 mg	Protein	7 g	Calcium	192 mg
Total Fat	5 g	Total Carbohydrate	6 g	Vitamin A	47 RAE	Iron	1 mg
Saturated Fat	3 g	Dietary Fiber	1 g				

Recipe adapted from Maryland FSNE 2009 Recipe Calendar.