

Recipes

MAIN DISHES



NUTRITION

*per serving

Calories:	385
Total Fat:	4g
Carbs:	69g
Protein:	20g
Fiber:	19g
Sodium:	611mg

MICROWAVE BLACK BEAN BURRITO BOWL

INGREDIENTS:

MAKES 2 SERVINGS

- 1 cup brown rice, cooked
- 2 tbsp cheddar cheese, shredded
- ¼ cup corn, frozen
- ½ avocado, diced (optional)
- ¼ cup salsa
- 2 cups black beans, drained & rinsed
- 1 tbsp plain Greek yogurt

DIRECTIONS:

- 1 Prep work: prepare rice according to package instructions; drain and rinse black beans; dice avocado.
- 2 In a medium sized microwave bowl, combine rice, beans, corn, salsa, yogurt, and cheese. Mix well.
- 3 Microwave for 2-3 minutes or until ingredients are heated through
- 4 Top with avocado and enjoy!

*This dish has so many possibilities to enjoy. It could easily be eaten on whole grain tortillas. One could add cooked



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FRESH

Cowboy Caviar

This salsa is a party favorite. Using pantry items liked canned beans, corn, and tomatoes, this recipe comes together quickly and can serve a crowd.

Prep time

10 minutes

Ingredients

- 1 can kidney beans (drained, (15 ounces, low-sodium))
- 1 can black beans (drained, (15 ounces, low-sodium))
- 1 can corn (drained, (15 ounces, low-sodium))
- 1 can tomatoes (crushed, (15 ounces))
- 1 can green chiles (chopped, (4 ounces))
- 1 tablespoon oil
- 3 medium lime (juiced (optional))
- salt ((to taste, optional))
- black pepper ((to taste, optional))
- hot sauce ((to taste, optional))

Steps

1. Wash hands with soap and water.
2. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
3. Add lime juice (if using) and oil, toss gently to combine. Taste. Add small amount of salt and pepper if desired.
4. Serve by itself, with raw vegetables and/or corn chips.

Notes

Rinse beans when draining to remove more sodium.



Recipes

SALADS



NUTRITION

*per serving

Calories:	196
Total Fat:	11g
Carbs:	22g
Protein:	6g
Fiber:	6g
Sodium:	326mg

SOUTHWEST SALAD

INGREDIENTS:

SERVES 3: 10 MIN

- 1 bag romaine lettuce, chopped
- ½ cup cherry tomatoes, halved or quartered
- ½ cup corn
- ½ cup black beans, rinsed
- ½ cup carrots, shredded
- ⅓ cup Mexican blend cheese, shredded
- 10 tortillo chips, crumbled

Dressing

- 1 avocado
- ¼ cup fresh cilantro
- 2 tbsp of olive oil
- Juice of 1 lime
- ¼ tsp of salt
- Dash of:
 - Black pepper
 - Chili powder
 - Garlic powder

DIRECTIONS:

- 1 Place all salad ingredients in a large bowl.
- 2 Make dressing: add all dressing ingredients into a food processor and blend well.
- 3 Pour dressing over salad and toss. Enjoy!



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Black Bean Quesadilla

Enjoy a quesadilla any night of the week! This quesadilla recipe can be served as a tasty lunch, dinner, or side dish.

Yield

4 servings

Ingredients

- ¾ cup salsa (chunky or pico de gallo)
- 1 can black beans (15.5 oz, drained and rinsed)
- 2 cups cheese (Colby & Monterey Jack, reduced-fat, shredded)
- 2 tablespoons cilantro (fresh, finely chopped)
- 4 large tortillas (flour)
- ½ teaspoon olive oil

Steps

1. Using a small-hole strainer, drain liquid from salsa; discard liquid.
2. Transfer leftover tomato mixture to a medium bowl.
3. Mix in black beans, cheese, and cilantro until combined.
4. Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each).
5. Fold tortillas in half.
6. Heat large griddle or skillet over medium-high heat.
7. Brush with oil.
8. Place filled tortillas on a griddle.
9. Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
10. Cut quesadillas into wedges.

