

KID FRIENDLY RECIPE FOR APRIL...

BEST BLACK BEANS- Serves 4

- 1 (16 ounce) can black beans
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 tablespoon chopped fresh cilantro
- 1/4 teaspoon cayenne pepper, optional

Directions:

In a medium saucepan, combine beans, onion, and garlic, and bring to a boil. Reduce heat to medium-low. Season with cilantro, cayenne, and salt to taste. Simmer for 5 minutes, and serve.



Adapted from: www.allrecipes.com

ADULT FRIENDLY RECIPE FOR APRIL...

SOUTHWESTERN CORN AND BLACK BEAN SALAD- Serves 4

- 3 large ears of corn, husked
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 2 15-ounce cans black beans, rinsed
- 2 cups shredded red cabbage, (see Tip)
- 1 large tomato, diced
- 1/2 cup minced red onion

Directions:

Bring 1 inch of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.

Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.

Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.



Adapted from: www.eatingwell.com