

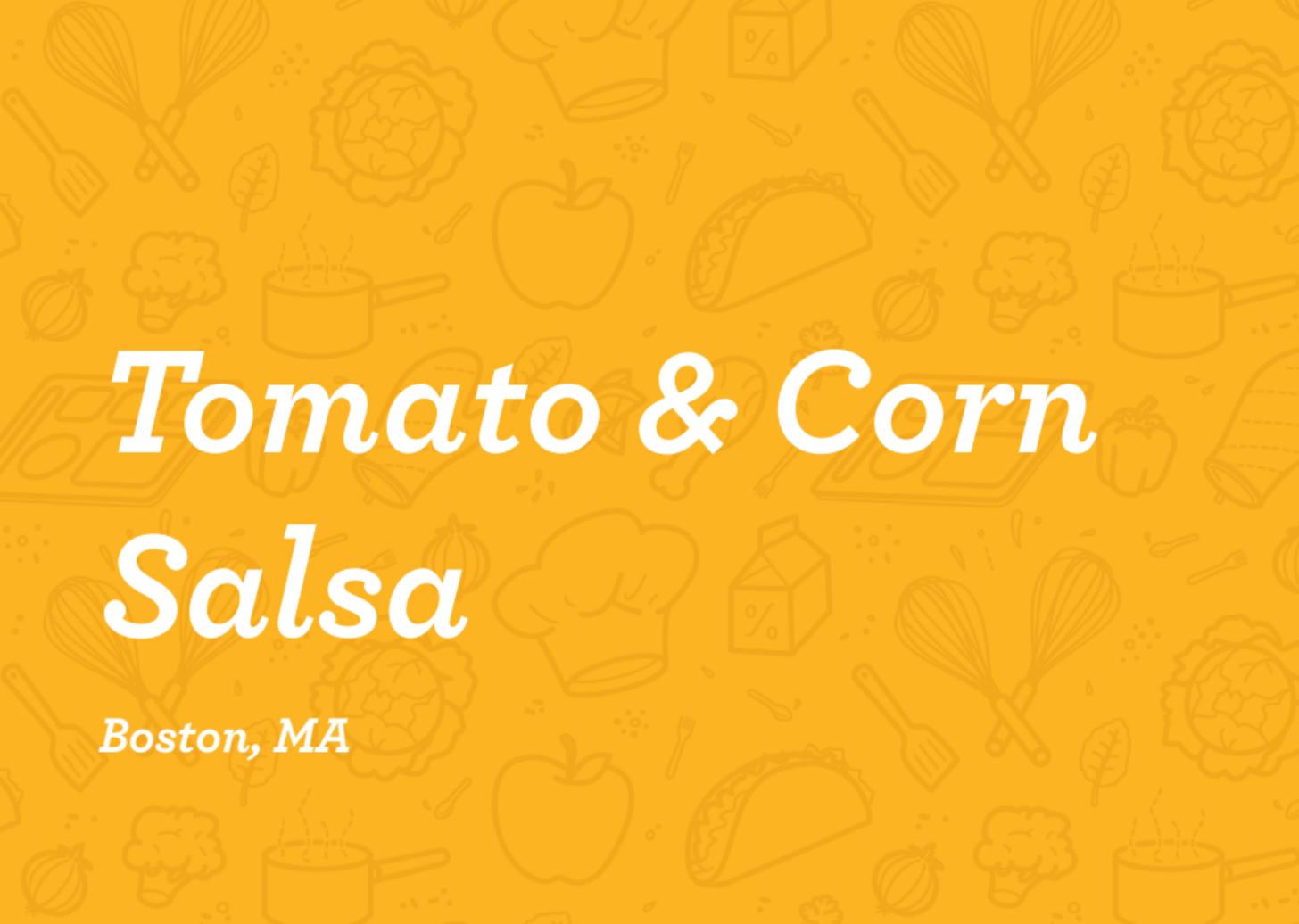


Legumes Galore



A Flavorful Side Dish

These dishes pair well together to provide a flavorful lunch or side dish. They are great for munching at home or bringing to a potluck.



Tomato & Corn Salsa

Boston, MA

Tomato & Corn Salsa

Prep Time: 15 min Total Time: 10 min Serves: 4

Ingredients

1 cup lettuce

½ cup canned pinto beans,
rinsed

¼ cup frozen corn

1 cup fresh tomatoes, diced

2 teaspoon fresh cilantro,
chopped small

Directions

1. Wash and dry lettuce being careful not to bruise; slice lettuce very thin and keep cold.
2. Rinse corn under warm water to thaw, then drain off excess water.
3. Coat a hot sauté pan with cooking spray and add beans, corn, and diced tomatoes. Sauté for 5 minutes.
4. Place heated mixture in center of bowl or plate, top with lettuce chiffonade and garnish with cilantro. Serve and enjoy!



Pinto Bean and Tomato Soup

Houston, TX

Pinto Bean and Tomato Soup

Prep Time: 5 min Total Time: 30 min Serves: 4

Ingredients

½ cup chopped yellow onion

1 teaspoon chopped garlic

½ tablespoon oil

1 cup canned pinto beans

½ tablespoon vegetable soup base

½ cup marinara sauce

1 teaspoon ground black pepper

Directions

- 1.** Sauté onion and garlic in 1 teaspoon of oil in a saucepan until golden brown.
- 2.** Drain the pinto beans, and add to the pan. Add vegetable base and marinara sauce.
- 3.** Add 2 cups of water to pan; bring mixture to a boil then simmer for 20 minutes.
- 4.** Season with pepper.
- 5.** Serve and enjoy!

Moroccan Salad

Orange County, CA

Moroccan Salad

prep time: 10 min total time: 40 min serves: 4

ingredients

½ cup red onion
1 1/3 cups white vinegar
2 cups shredded carrots
12 ounces orange juice
2 teaspoons cumin
1 teaspoon cinnamon
1 cup garbanzo beans
2 tablespoons plus 2
teaspoons salad oil
2 teaspoons cayenne
2 cups fresh spinach

directions

- 1.** Preheat oven to 350° F. Slice red onions and place in a small bowl. Add vinegar and stir gently. Set aside.
- 2.** Put carrots, orange juice, 1 teaspoon of cumin and the cinnamon in a saucepan. Simmer for 7 minutes, or until mixture is nearly dry. Remove from heat and let cool. Chill in refrigerator.
- 3.** Meanwhile, mix garbanzo beans, remaining cumin, oil and cayenne together in a medium bowl. Pour mixture onto a sheet pan and bake for 15 minutes.
- 4.** Chop spinach and then toss with carrots and pickled onions. Top salad with garbanzo beans.
- 5.** Serve and enjoy!

The background is a solid orange color with a repeating pattern of white line-art icons. These icons include various kitchen items and food items: a whisk, a spatula, a fork, a taco, a burrito, a bowl of food, a pot with steam, a chef's hat, a carton of milk, an apple, a leaf, and a bowl of salad. The text is centered and reads:

Tejano Fiesta Bowl

Dallas, TX

Tejano Fiesta Bowl

Prep Time: 5 min Total Time: 30 min Serves: 4

Ingredients

2 cups brown rice
1 cup diced, canned tomatoes
1 cup canned black beans
4.6 ounces frozen chicken strips
1 cup frozen corn kernels
2 ¼ teaspoons taco seasoning
3 ounces tortilla chips (approximately 12-15 chips)
2 tablespoons sour cream
1 ounce shredded cheddar cheese

Directions

1. Bring 2 cups of water to boil in a small saucepan. Add rice, and turn down to a simmer. Cover and cook for approximately 20 minutes.
2. Drain tomatoes and beans. Chop chicken strips into bite-sized pieces.
3. Coat the bottom of a medium saucepan with cooking spray and set over medium-low heat. Add corn, tomatoes, rice and beans. Add taco seasoning and chicken. Stir to combine. Remove when heated through.
4. Arrange chips on a plate or in bowl. Top with chicken.
5. Add a dollop of sour cream, and sprinkle with cheddar.
6. Serve and enjoy!