

## **Shopping List: Black Bean Bonanza – 3 Main Dishes**

### **Fresh Produce**

3 medium sized sweet potatoes, or  
large white potatoes  
1 medium tomato  
1 bunch of scallions (*optional*)  
1 bunch of cilantro (*optional*)  
1 bunch of fresh parsley (*optional*)  
2 medium zucchini  
4 cups fresh spinach  
1 medium red or white onion  
1 head of garlic

### **Dry Goods**

3 (15.5-oz) cans low-sodium or no salt  
added black beans  
1 (8-oz) can corn (or 1 ear of fresh corn)  
6 (8-inch) whole wheat flour tortillas  
1 cup brown rice

### **Dairy**

Sour cream (*optional*)  
4 ounces low-fat cheddar cheese

### **Pantry Staples**

*Add items to list if you don't already have  
them*

Olive oil  
Canola oil  
Ground cumin  
Chili powder  
Salt and ground black pepper  
Ground cayenne pepper

## Southwest 'Baked' Potatoes

*Sweet potatoes and black beans make a delicious, nutritious pair.*

Makes 2 servings. 1 potato per serving.

Ready in 30 minutes.

### **Ingredients**

2 medium-sized sweet potatoes or 2 large white potatoes

1 can (15 oz.) black beans, rinsed

1 medium tomato, diced

2 teaspoons olive oil

½ teaspoon ground cumin

½ teaspoon chili powder

¼ teaspoon salt

Sour cream, chopped scallions, or chopped cilantro (*optional*)

### **Directions**

1. Pierce potatoes in several places with a fork.
2. Microwave potatoes on high 12–15 minutes, or until tender.
3. In microwave-safe bowl, combine beans, tomatoes, oil, cumin, chili powder, and salt. Microwave on high for 2–3 minutes.
4. Slice each potato down the middle. Press open, making a well in the center.
5. Spoon the bean mixture into middle of each potato.
6. If desired, top with sour cream, scallions, or cilantro.

Nutrition information per serving: Calories 383, Total Fat 6g, Saturated Fat 1g, Carbohydrate 70g, Dietary Fiber 15g, Protein 16g, Sodium 400mg

*Recipe Source: Leah's Pantry*

## **Black Bean and Vegetable Quesadillas**

*Load up your quesadilla with beans and veggies for a cheesy, satisfying meal.*

Makes 6 servings. 1 folded quesadilla per serving.  
Ready in 45 minutes.

### **Ingredients**

½ (15.5-ounce) can black beans, no salt added	Pinch ground cayenne pepper
2 medium zucchini	1-2 teaspoons water
1 bunch fresh spinach (about 4 cups)	½ teaspoon ground black pepper
1 ear fresh corn or 1 cup canned corn	6 (8-inch) whole wheat flour tortillas
4 ounces low-fat cheddar cheese	Non-stick cooking spray
1 tablespoon canola oil	3 tablespoons fresh parsley or cilantro (optional)

### **Directions**

1. In a colander, drain and rinse black beans.
2. Rinse zucchini. Cut into thin slices or shred with a grater.
3. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.
4. If using fresh corn, peel. Use a knife to cut corn kernels off of the cob. If using canned corn, drain.
5. Grate cheese.
6. In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
7. Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat.
8. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1-2 teaspoons water to make a bean-and-veggie paste.
9. Season mixture with black pepper. If using parsley or cilantro, add now. Transfer mixture to medium bowl. Reserve skillet.
10. Spread vegetable mixture evenly on half of each tortilla. Fold tortillas over. Press lightly with spatula to flatten.
11. Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.
12. Cut each quesadilla into 2 wedges. Serve while hot.

Nutrition information per serving: Calories 250, Total Fat 6g, Saturated Fat 1g, Carbohydrate 37g, Dietary Fiber 7g, Protein 13g, Sodium 500mg

*Recipe Source: Share Our Strength's Cooking Matters*

## **Brown Rice and Black Bean Power Meal**

*This is a true power meal! Brown rice and black beans are the perfect combination to give you the protein and fiber you need to feel great.*

Makes 4 servings. 1½ cups per serving.

Ready in 1 hour.

### **Ingredients**

1 (14.5 oz) can low-sodium or no salt added black beans, drained and rinsed

1 medium sweet potato

1 cup uncooked brown rice

1 red or white onion

¼ cup olive oil

1 clove garlic

Salt and pepper to taste

### **Directions**

1. Bring 2¼ cups water in a large pot and simmer. Add rice. Cover tightly. Turn heat to low and cook for 45 minutes. Remove the lid and stir once to make sure there is no liquid at the bottom of the pan.
2. While rice is cooking, chop onion and sauté with garlic in olive oil in a medium skillet.
3. Cook the sweet potato by cutting it into small, even-sized chunks and boiling in water in small pot for 5-7 minutes. Make sure all pieces of sweet potato are covered with water.
4. Once soft enough to poke with a knife, remove sweet potato from heat. Combine all ingredients in a large bowl.
5. Add salt & pepper to taste.

Nutrition information per serving: Calories 370, Total Fat 16.2g, Saturated Fat 2.4g, Carbohydrate 48g, Dietary Fiber 9.7g, Protein 9.2g, Sodium 180mg

*Recipe Source: SuperFood Drive*