

Fun Food Feature of the Week!

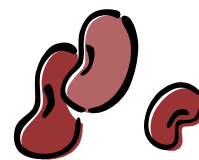
Black Beans

- A great source of non-meat protein and can make a very versatile meatless main dish or side dish.
- Fairly inexpensive when purchased dry or canned and have a long shelf life making them a pantry staple item.
- A very good source of dietary fiber promoting intestinal regularity, cholesterol reduction, and optimizing blood sugar control.
- Black beans have the most antioxidant activity as compared to any other bean and also have more antioxidants than others containing anthocyanins like grapes and cranberries.
- May aid in protection from cardiovascular disease due to fiber, folate, and magnesium content.
- An ample source of iron for red blood cell maintenance.



Black Bean Relish

- 1 15 ounce can black beans (rinsed and drained)
- 1 medium tomato (finely chopped)
- 1 small red bell pepper (chopped)
- 1 Serrano chili (peeled, seeded, and finely chopped)
- 1/4 cup red onion (finely chopped)
- 2 T white wine vinegar
- 1 T vegetable oil
- 1/4 t. salt



Mix all ingredients. Refrigerate until chilled. May be served with baked tortilla chips or as a topping for rice, chicken, burritos, etc. Store covered in the refrigerator for up to 2 weeks.

Servings: 5 (1/2 cup) Exchanges: 1 starch