

Beans



Bean and Corn Salad

Makes 6 servings

Ingredients:

- 3 cups of any cooked beans
- 1/3 cup vegetable oil
- 2 tablespoons vinegar
- 3 stalks celery, chopped
- 1 can corn, drained and rinsed
- 1 onion, chopped
- Salt and pepper to taste
- Optional: 1 teaspoon cumin

Instructions:

1. In a bowl, mix together oil, vinegar, and cumin.
2. Add the rest of the ingredients and toss to coat.

Source: Soulful Recipes Cookbook, Network For a Healthy California

Benefits:

- Iron to help your blood carry oxygen through your body.
- Fiber to help keep you regular.

Serving Ideas:

- Add to eggs or your favorite omelets.
- Add to soups, stews, and pasta.
- Top your favorite salad and nachos with black beans.
- Stir them into rice, and couscous for a protein packed side dish.

Storage:

- Store beans in a cool and dry place.

Adapted from: Second Harvest Food Bank of Santa Clara and San Mateo Counties

For information about CalFresh or to get food today, call (800) 870-3663. Funded by USDA SNAP, known in California as CalFresh. California Department of Public Health.

