

# Recipes

## Black Bean Quesadillas

- 1 15-oz. can black beans, drained, rinsed
- ¼ c. chopped tomato
- 3 Tbsp. chopped cilantro
- 8 6-inch whole-wheat tortillas
- 4 oz. soy cheese/jalapeno jack, shredded
- 32 spinach leaves, shredded

Preheat oven to 350 F. Mash beans. Stir in tomato and cilantro. Spread evenly onto four tortillas. Sprinkle with cheese, spinach and salsa. Top with remaining tortillas. Bake tortillas on ungreased cookie sheet for 12 minutes. Cut into wedges and serve.

*Makes 8 servings. Per serving: 250 calories, 8 g fat, 11 g protein, 32 g carbohydrate, 6 g fiber, 158 mg calcium, 1 mcg folate, 238 mg potassium and 480 mg sodium*

## Enchilada Casserole

- 1 lb. ground beef
- 1 can (15 to 16 oz.) kidney beans, rinsed and drained
- 1 can (15 to 16 oz.) pinto beans, rinsed and drained
- 1 c. chopped onions
- ½ c. green pepper
- 2 medium tomatoes, diced
- 1 10-oz. can enchilada sauce
- ⅓ c. water
- 1 tsp. chili powder
- ½ tsp. cumin
- 2 c. Colby-jack cheese
- 6 whole-wheat or flour tortillas

Preheat oven to 425 F. Brown ground beef, onion and green pepper. Drain excess liquid. Mix beef, onion, pepper, beans, tomatoes and spices. In a 9- by 13-inch greased pan, layer tortillas, ground beef and vegetable mixture, and cheese. Continue to layer tortilla/meat mixture/cheese until full. Place in oven at 425 degrees for 30 minutes. Casserole should be browned on top.

*Makes 12 servings. Per serving: 310 calories, 10 g fat, 23 g protein, 29 g carbohydrate, 7 g fiber, 287 mg calcium, 34 mcg folate, 169 mg potassium and 580 mg sodium*

## Black Bean Burgers

- 1 (15 oz) can no-salt added black beans, rinsed and drained
- 1 egg
- 1/2 yellow onion, chopped
- 1 cup whole wheat bread crumbs
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1/2 tsp. garlic powder
- Salt and pepper to taste
- Hot sauce to taste
- 1 Tbsp. canola oil if cooking in a skillet
- buns/condiments

Place beans in a large bowl; mash well with fork. Add egg, onion, bread crumbs, oregano, basil, garlic powder, salt, pepper, and hot sauce. Mix well then shape into 6 patties. Heat oil in a large skillet and cook over medium heat, or cook on the grill.

*Makes 6 servings. Per serving: 290 calories (70 from fat), 7 g total fat, 1 g saturated fat, 35 mg cholesterol, 450 mg sodium, 47 g carbohydrate (10 g dietary fiber, 7 g sugar), 12 g protein*

Recipe courtesy of Whole Foods Market

## Black Bean Brownies

- 1 can (15 to 16 oz.) black beans
- 3 eggs
- 3 Tbsp. vegetable oil
- ¼ c. cocoa powder
- 1 pinch salt
- 1 tsp. vanilla extract
- ¾ c. white sugar
- 1 tsp. instant coffee (optional)
- ½ c. semi-sweet chocolate chips

Preheat oven to 350 F. Lightly grease an 8- by 8-inch baking dish. Combine all ingredients except chocolate chips in a blender; blend until smooth; pour mixture into prepared baking dish. Sprinkle with chocolate chips. Bake in preheated oven until top is dry and sides start to pull away from the baking dish; about 30 minutes.

*Makes 16 servings. Per serving: 140 calories, 6 g fat, 3 g protein, 20 g carbohydrate, 2 g fiber, 13 mg calcium, 5 mcg folate, 13 mg potassium and 105 mg sodium*

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## Three-Bean Salad with Ginger Dressing

- 1 can (15 to 16 oz.) green beans (or 1 lb. frozen green beans, cooked or steamed according to package directions)
- 1 can (15 to 16 oz.) dark red kidney beans, drained, rinsed
- 1 can (15 to 16 oz.) pinto beans, drained, rinsed
- ¼ c. sliced green onions and tops

### Ginger Dressing Ingredients:

- ¼ c. canola oil
- ⅓ c. apricot preserves
- 2 Tbsp. plus 2 tsp. cider vinegar
- 2 Tbsp. sugar
- ½ tsp. ground ginger

Mix ingredients for ginger dressing in a large bowl. Drain and rinse beans; add to ginger dressing and mix. Cover and refrigerate at least two hours, mixing occasionally.

*Makes 8 servings. Per serving: 213 calories, 8 g fat, 6 g protein, 31 g carbohydrate, 7 g fiber, 58 mg calcium, 71 mcg folate, 327 mg potassium and 473 mg sodium*

*Recipe courtesy of Northarvest Bean Growers Association*

## "Lite" Italian Pasta Bean Salad

- 1 c. dry spiral macaroni
- 1 small head fresh broccoli, cut into bite-sized pieces
- 2 carrots, peeled and diced
- 1 tomato, diced
- 1 can (15 to 16 oz.) black beans, drained and rinsed
- ¼ c. reduced-calorie/"lite" Italian dressing
- ¼ c. grated Parmesan cheese

Cook macaroni in large saucepan of water just until tender. Drain and rinse with cold water. In a large bowl, mix broccoli, carrots and tomato. Add the rest of the ingredients to vegetables and stir gently. Cover and chill. Before serving, stir salad; add additional dressing if necessary.

*Makes 8 servings. Per serving: 135 calories, 3 g fat, 8 g protein, 21 g carbohydrate, 6 g fiber, 80 mg calcium, 96 mcg folate, 316 mg potassium and 142 mg sodium*

*Recipe courtesy of Northarvest Bean Growers Association*

