

Add salt, pepper, spices, or herbs to any of the following recipes



Cowboy Caviar

Black beans (1 can) + **black eyed peas** (1 can) + **corn** (1 can or about 2 cups) + **bell pepper** (1 chopped) + **olive oil** (tablespoon) + **fresh cilantro** + **squeeze of lime** + **handful of tortilla chips to dip** (try Food Should Taste Good)

1 cup serving provides: 360 calories, 12 grams fat (2 grams saturated), 57 grams carb, 14 grams protein, 13 grams fiber (makes 5 servings)

Harvest Bowl



Kale (2 handfuls) + **sunflower seeds** (2 tablespoons) + **apple** (half, sliced) + **white beans** (½ cup, canned) + **cucumber** (quarter, sliced) + **dressing** (teaspoon Dijon mustard + tablespoon olive oil + squeeze of lemon)

Provides: 420 calories, 23 grams fat (3 grams saturated), 46 grams carb, 13 grams protein, 13 grams fiber

Fresh Black Bean Tacos



Corn tortilla (two 6-inch) + **black beans** (½ cup) + **avocado** (half, sliced) + **radish** (1 or 2, sliced) + **arugula** (handful) + **salsa** (2 tablespoons)

Provides: 360 calories, 13 grams fat (2 grams saturated), 55 grams carb, 13 grams protein, 18 grams fiber

Burrito Bowl



Pinto beans (½ cup) + **cooked quinoa or brown rice** (½ cup) + **shredded lettuce** (handful) + **shredded cabbage** (½ cup) + **shredded cheese** (¼ cup) + **prepared pico de gallo or salsa** (2 tablespoons)

Provides: 390 calories, 11 grams fat (6 grams saturated), 58 grams carb, 18 grams protein, 10 grams fiber

No Bake Cookie Dough



In blender combine: **chickpeas** (1 can) + **water** (tablespoon) + **peanut butter** (½ cup) + **vanilla extract** (teaspoon) + **oats** (¼ cup) + **honey or maple syrup** (tablespoon) + **mix in chocolate chips** (¼ cup) + **apple to dip** (half, sliced)

¼ cup serving provides: 230 kcal, 10 grams fat (2 grams saturated), 34 grams carb, 6 grams protein, 6 grams fiber (makes 9 servings)