



Tomato-Basil Open Sandwiches

- 1 teaspoon olive oil
- 1 clove garlic, crushed or chopped
- 1 Tbsp. finely chopped fresh basil leaves
- 8 ¾-inch slices, crusty hearth style bread
- 16-24 fresh basil leaves, enough to cover bread slices
- 4 medium red ripe tomatoes, stem end removed
- Salt (optional)
- Fresh ground black pepper



1. Gently heat oil and garlic in small skillet over medium heat. Add minced basil and stir well, 30 seconds. Remove from heat, allow to cool.
2. Lightly toast slices of bread. Brush (or pat with a folded paper towel) bread lightly with cooled flavored oil.
3. Place oil-side up and layer with fresh basil leaves, about 2 or 3 per toast.
4. Slice tomatoes and arrange slices over basil leaves. Sprinkle with optional salt and a grinding of fresh black pepper.
5. Serve immediately.



Makes: 4 servings

Nutrition Information:

CALORIES 140 (18% from fat); FAT 3g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 240mg; CARBOHYDRATE 25g; FIBER 3g; PROTEIN 5g; CALCIUM 6%; IRON 10%

Corn and Bean Salad

- 1 15-oz. can black beans, rinsed and drained
- 1 can corn kernels, rinsed and drained
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 1 small white sweet onion, finely chopped

Dressing:

- ½ cup fresh cilantro or parsley, finely chopped
- 1-2 limes
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 Tablespoon olive or vegetable oil



1. Squeeze the juice from the limes into a small bowl.
2. Add the other dressing ingredients to the small bowl. Stir with a fork to mix.
3. Place the corn, beans, peppers, and onions in a large bowl.
4. Pour dressing over vegetables, stir to mix.
5. Serve cool.



Makes: 4 servings

Nutrition Information:

CALORIES 270 (17% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 250mg; CARBOHYDRATE 47g; FIBER 13g; PROTEIN 13g; CALCIUM 6%; IRON 20%