



Beans and Squash Stew

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 1 1/2 teaspoons ground cumin
- 1 28-ounce can diced tomatoes in juice
- 1 16-ounce can cooked black beans
- 2 pounds butternut squash, halved, seeded, peeled, cut into 1-inch pieces
- 4 ounces green beans, trimmed, cut into 1-inch pieces
- 1 tablespoon minced seeded jalapeño chili
- 1/2 cup chopped fresh cilantro

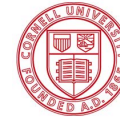


1. Heat oil in large pot over medium heat.
2. Add onions, sauté until tender.
3. Add garlic, chili powder, and cumin. Stir 1 minute.
4. Add tomatoes with juices, bring to a boil.
5. Stir in squash and green beans.
6. Reduce heat and cover. Simmer until vegetables are almost tender, about 12 minutes.
7. Add black beans and jalapeno. Cover and simmer until vegetables are tender. About 5 minutes.
8. Stir in cilantro, season with salt and pepper.

Makes: 6 servings

Nutrition Information:

CALORIES 230 (13% from fat); FAT 3.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 210mg; CARBOHYDRATE 46g; FIBER 13g; PROTEIN 10g; CALCIUM 15%; IRON 25%



Beet and Carrot Salad

- 1 pound beets, peeled and grated
- 1 pound carrots, peeled and grated
- 2 cloves of garlic, minced
- 1 Tablespoon olive oil
- 1 Tablespoon cider or balsamic vinegar
- Salt and Pepper, or hot sauce, to taste

1. Peel and grate the carrots and beets.
2. Combine all ingredients in a large salad bowl.
3. Toss until well mixed.
4. Let sit for 30 minutes before serving- the beets and carrots will release juices as they sit.



Makes: 6 servings

Nutrition Information:

CALORIES 90 (27% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 210mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 2g; CALCIUM 4%; IRON 4%