

Cumin-Scented Black Beans With Cilantro

Prep: 20 minutes; Cook: 15 minutes

- 2 teaspoons canola or olive oil
 - 1 cup chopped red onion
 - 1 cup chopped tomato
 - 3/4 cup chopped green bell pepper
 - 2 garlic cloves, minced
 - 1 teaspoon ground cumin
 - 1 (15-ounce) can black beans, undrained
 - 1/4 cup minced fresh cilantro
 - 1 tablespoon fresh lime juice
 - Reduced-fat sour cream (optional)
 - Crushed red chili flakes (optional)
1. Heat canola or olive oil in a large saucepot over medium heat. Add red onion, tomato, bell pepper, garlic, and cumin. Cook 4 minutes, stirring constantly, until tender.
 2. Add beans, reduce heat to medium-low, and cook 10 minutes.
 3. Add cilantro and juice, and serve. Garnish with sour cream and chili flakes, if desired.

Note:

Nutritional analysis includes Sugars 7g.

Yield:

4 servings (serving size: 3/4 cup)

Nutrition per serving:

CALORIES 129; FAT 3g (sat 0.0g, mono 1g, poly 1g); PROTEIN 5g; CHOLESTEROL 0.0mg; CALCIUM 50mg; SODIUM 107mg; FIBER 5g; IRON 2mg; CARBOHYDRATE 22g

Steven Petusevsky
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