



## Recipes to Make without an Oven

### Easy Black Bean Salsa

This is a recipe that can be prepared in a short amount of time. You can always use the beginning as a base and build on it in order to create a quick meal. To absorb the iron out of the beans you must consume them with a food source that contains Vitamin C. That is why it is helpful to top your salsa with some lime juice.

### You'll Need

- 1-14 .5 oz. Can Black Beans, drained (or use the same amount of cooked beans)
- 1-14.5 oz Can Corn, low sodium, drained (or use the same amount of fresh corn)
- 1-12 oz. Jar Salsa
- ¼ cup Cilantro, chopped
- 1 ½ Tablespoon Fresh lime juice

### Directions

- Mix all of the above together and use this as your base.
- Serve on top of a salad or baked potato, in a wrap or on top of some corn chips.

### Play with Your Food

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, green onion, avocado, or tomato.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Or add some chili powder.



## Hummus

### You'll Need

- 1 ½ cups cooked chickpeas
- ¼ water
- ¼ c tahini (sesame seed paste)
- 1 ½ tablespoons lemon juice from a fresh lemon
- 1 ½ tablespoons extra virgin olive oil
- 1-2 garlic cloves, crushed

### Directions

- Place all ingredients in a blender except olive and mix until smooth but thick.
- Put on a plate and decorate with spices, herbs and olive oil.
- Enjoy with raw vegetables such as carrots, celery, and bell pepper or with pita bread or crackers.

### Play with Your Food

- Spices and herbs to season: examples: cumin powder, dried or fresh parsley, sweet paprika, curry powder
- When everything is in the blender, try adding some roasted red pepper or sun dried tomato.



## Super Salads

### Greek Salad

#### You'll Need

- 3 vine tomatoes, cut into chunks
- 1 medium red onion, sliced
- 1 medium cucumber cut into 1/4 inch pieces
- 3/4 cup black Kalamata olives
- Sliced feta cheese (as big or as small as you would like)
- 1/4 cup extra virgin olive oil
- 3 Tablespoons red wine vinegar
- 1 teaspoon dried oregano
- Salt
- Pepper

#### Directions

- Combine vegetables in a bowl. In a small bowl mix oil, vinegar, and oregano then pour over salad and season with salt and pepper to taste. Before serving salad place feta slices on salad.

#### Play with Your Food

- Add some pepperoncini peppers or red bell pepper.
- Try using a white onion and/or add some green onion.
- Leave out the olives.
- Leave out the feta cheese and serve as a vegan salad.



## Spinach, Strawberry, Pecan Salad

### You'll Need

#### Salad

- Spinach
- Sliced Strawberries

#### Nuts

- 1 cup sliced pecans
- ¼ cup sugar

#### Dressing

- 1/3 cup olive oil
- 1 teaspoon sugar
- 2 Tablespoons rice vinegar
- Poppy seeds (optional)

### Directions

- Stir the sugar, in a large skillet over medium heat until the sugar melts approximately 3 minutes.
- Then mix in the pecans and stir until the syrup evenly coats the nuts.
- Next place the nuts on a piece of parchment paper or foil to cool and with a knife separate the nuts.
- Then mix all ingredients for dressing in a bowl.
- To prepare the salad plate some spinach topped with strawberries and candied nuts. Then add a drizzle of dressing

### Note

These nuts can also be stored in an airtight container for up to one month.

### Play with Your Food

- Try a different nut
- Use brown sugar instead of white sugar
- Add other vegetables of choice
- Do not candy nuts and just serve salad with toasted nuts.
- Choose a different fruit.