

Corn and Black Bean Side Dish



Ingredients

4 cups water, divided

 $^{1}\!/_{2}$ cup low-sodium canned black beans, rinsed and drained

3 tablespoons vegetable oil

I ½ cups corn kernels (fresh, or frozen and thawed and drained)

1/2 medium onion, diced

I medium bell pepper, any color, diced

¼ cup chipilín

1 medium avocado, diced

Optional: diced hot peppers, hot sauce*

Directions

- In a large skillet, heat oil over medium-high heat. Add corn, onion and bell pepper. Cook 5 to 7 minutes, stirring occasionally.
- Add drained beans to corn mixture.
 Add chipilin. Stir. Cook 3 to 5 minutes, until heated through.
- 3. Remove from heat. Add avocado and mix. Serve warm.

*Option not included in nutrition facts.





TIP

Chipilín is a leafy green native to Central America and southern Mexico. It is used in cooked dishes such as tamales and soups. It is never eaten raw. If you can't find chipilín substitute another cooked green such as spinach.*



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Nutrition Facts Serving Size 1/2 cup (185g)

Servings Per Container 6

Amount I	Per	Serving	
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Calories 220 Calories from Fat 110 % Daily Value* Total Fat 12g 18% Saturated Fat 1.5g Trans Fat 0g Cholesterol 0ma 0% Sodium 100mg Total Carbohydrate 24g Dietary Fiber 9g

Protein 6g

Sugars 3g

Vitamin A 6% Vitamin C 40% Calcium 4% Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower

depending on your calorie needs: Calories: 2.500 Total Fat Less than 80a Saturated Fat Less than 250 300ma Cholesterol Sodium Less than 2.400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25a Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

Carb choices per serving: 1 ½