

THE CULINARY

Playground



Black Bean Salad with Vinaigrette

Servings: 2-3

¾ cup black beans, rinsed and drained

½ cup frozen corn

¼ red bell peppers, diced

½ clove garlic, minced

½ scallion, white & green parts

¼ teaspoons salt

Combine above ingredients, sprinkle with the salt and stir gently..

Dressing:

1 T honey or agave nectar

2 T extra virgin olive oil

¼ teaspoon lime zest (be sure to zest limes before juicing them)

3 T fresh lime juice

Combine honey, olive oil, lime zest and juice in bowl and whisk with fork until combined.

Pour dressing over bean salad.

Garnish with:

¼ Haas avocado, chopped

3 T chopped fresh cilantro

½ jalapeno, seeds removed and minced, if desired.

Cover and chill at least 15 minutes up to overnight. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with a more chopped cilantro if desired.

Serve at room temperature.

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Tortilla Chips

Corn or flour tortillas

Vegetable oil

sea salt

Preheat oven to 400 degrees.

Brush one side of each of the corn tortillas with a light layer of vegetable oil.

Cut the tortillas into 8 wedges or shapes as desired.

Place tortilla pieces on a single layer on a baking sheet.

Sprinkle with salt.

Bake 10 to 12 minutes or until lightly browned.