



BLACK BEAN AND VEGETABLE SALAD

- 1 cup Red onion, diced
- 1 cup Red pepper, diced
- 1 cup Yellow pepper, diced
- 1 cup Green pepper, diced
- 1 cup cucumber, seeded and diced
- 1 cup yellow corn
- 1 cup carrot, diced
- 1 cup tomato, diced
- 1 cup celery, diced
- 1 cup black beans, drained, (1 can)
- 1 tblsp kosher salt
- 1 tsp black pepper
- 1 tsp granulated garlic
- ½ tsp basil
- ½ tsp oregano

Mix together in large bowl and toss in Italian dressing and let sit for 1-2 hours before serving.



HUMMUS

1	29oz.can	Garbanzo Beans, drained
2	Tblsps.	Lemon juice, juice from 1 lemon
¼	cup	Olive Oil
1	Tsp.	Garlic, fresh chopped
1	Tblsp.	Season Salt (house made)
¼	Tsp.	Coriander ground
¼	Tsp.	Cumin ground

Mix together in food processor until smooth and well mixed.
Serve with Pita's or Crackers, and fresh sliced Cucumber and enjoy.



LENTIL RATATOUILLE

¼ cup Extra Virgin Olive oil

1 Tblsp. Fresh chopped garlic

½ each Small Jalapeno seeded and diced

½ cup Diced sweet pepper, red, green, yellow etc...

½ cup Diced celery hearts, leaves and all

½ cup Diced carrot

¼ cup Diced Red onion

1 bunch Chopped fresh Cilantro

1 cup Cooked Lentils, (boil for 12-15 mins.)

In sauté pan start with the olive oil, garlic and vegetables and cook for 3-5 mins. Seasoning with the salt, pepper, and oregano. Add the lentils and the fresh cilantro and continue sauté'.

For added delight add tofu, pasta, and/or fresh tomatoes, and enjoy!