

Bean, Rice and Corn Salad



Yield: 6-8 servings

Ingredients

750 mL	cooked white pea beans or canned	3 cups
250 mL	cooked brown rice	1 cup
250 mL	frozen corn, cooked	1 cup
1	sweet red pepper, diced	1
1	stalk celery, diced	1
1/2	red onion, diced	1/2
1	small jalapeno, minced (optional)	1
125 mL	chopped cilantro	1/2 cup
	cherry tomatoes (optional)	

Vinaigrette:

	juice of 2 limes	
50 mL	vegetable oil	1/4 cup
15 mL	chili powder	1 tbsp
5 mL	cumin	1 tsp

Directions

In a large bowl, combine all salad ingredients. Set aside. To make the vinaigrette, combine the lime juice, vegetable oil, chili powder and cumin in a small jar with a tight-fitting lid. Shake well. Toss salad with dressing. Season with salt and pepper to taste. Garnish with additional cilantro and cherry tomatoes if desired.

Nutrition information:

Per serving (1/8 recipe)

Energy	216 kcal
Protein	8 g
Carbohydrates	32 g
Total Dietary Fibre	7 g
Fat	7 g
(28% calories from fat)	

Source: www.ontariobean.on.ca/recipe-library/ Reprinted with permission from the Ontario Bean Growers.



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Quesadilla Surprise

In Spanish, quesadilla means 'little cheese bite.' In this recipe cheese is melted with fresh pear in a flour tortilla.



Ingredients

2	large tortillas, preferably whole wheat	2
1	pear, washed and cored	1
125 mL	cheddar or mozzarella cheese, grated	½ cup
1 mL	butter	¼ tsp
	cinnamon sugar	

Yield:

4 to 8 servings

Preparation Time:

10 minutes

Cooking Time:

6-8 minutes

Directions

Preheat the oven to 375°F. Prepare the pear. Cut in thin wedges. Place the tortillas on a baking sheet.

Lay 1/2 of the pear pieces on the bottom half of each tortilla. Sprinkle the pears with cinnamon sugar. Sprinkle the grated cheese on top of the pears.

Fold over the top of the tortilla to form a half circle. Press down gently. Spread the top lightly with butter and sprinkle with cinnamon sugar.

Bake 6 to 8 minutes until the cheese is melted and the tortilla is crisp. Cut in half for a hungry bite or into four strips for a snack. May be eaten hot or cold.

Equipment:

1 baking sheet, cutting board, medium knife, grater, dinner knife, clean hands

Nutrition information:

Not Available

Suggestions

Try this: Other fruits such as apple, bananas or pineapple taste great in quesadillas. Pat canned fruit dry with a paper towel before placing it in the tortilla.

Source: *The Cooking Club Manual, 2000. Reprinted with permission from Toronto Public Health.*



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