

TILLAMOOK BAY BEAN SALAD

Salad:

1 15 oz can black beans, rinsed & drained
1 15 oz can Great Northern beans,
rinsed & drained
1 med carrot, peeled & finely minced
1 small cucumber, peeled, seeded
& finely diced
½ c cooked corn kernels (defrosted if frozen)

Dressing:

1 t cumin seed (or ground cumin)
½ c low fat plain yogurt
¼ c salsa
2 T fresh lime juice
¼ to ½ t Tabasco sauce
1/8 t salt
2 T minced fresh cilantro

Marinated tomatoes:

3 large plum tomatoes, each cut into eighths
2 t fresh lime juice
pinch salt (optional)

2 T salsa
¼ t ground cumin

Salad: Combine beans, carrot, cucumber and corn, set aside.

Dressing: (If using cumin seed): Toast cumin seed in a small skillet over med heat until fragrant, about 4 minutes. Combine yogurt, salsa, lime juice, Tabasco, salt and cilantro, stir in the cumin. Pour over salad and refrigerate.

Marinated tomatoes: Place tomatoes in a bowl, stir in the salsa, lime juice, cumin & salt. Marinate at room temperature 30 minutes.

To serve: Remove the salad from refrigerator 30 minutes before serving. Garnish each serving w/some of the marinated tomatoes.

Makes 6 servings.

Calories: 186, Carbohydrate: 33 grams, Protein: 11 grams, Fat 1.5 grams.