

Spicy Black Beans

Makes 4 Servings

Ingredients:

- 2 teaspoons olive oil
- 1 clove garlic, minced
- 1 - 16-ounce can black beans, rinsed and drained
- 1/3 cup prepared hot salsa or picante sauce
- 1 Tablespoon fresh lime juice
- 1 tomato, seeded and chopped
- 1/4 cup coarsely chopped cilantro

Directions:

1. Heat the oil in a medium saucepan.
2. Sauté the garlic until tender, about 2 minutes.
3. Add the beans, salsa and lime juice.
4. Simmer until heated through, about 5 minutes, stirring occasionally.
5. Stir in the tomatoes, sprinkle with cilantro.
6. Serve over rice.

This dish can be served hot or chilled, as a main dish or side salad. To prepare the chilled beans, simply mix all the ingredients together, cover, and refrigerate for several hours to allow flavors to blend.

Nutritional Facts: Makes 2 cups – Serving size: 1/2 cup

Calories: 138

Cholesterol: 0 mg

Sodium: 196 mg

Fat: 3 g

Saturated Fat: 0 g

Carbohydrates: 22 g

Protein: 7 g

Dietary Fiber: 7 g

Recipe reprinted from *The New Family Cookbook for People with Diabetes*. © 1999 American Diabetes Association and American Dietetic Association.