

# Traditional Food Recipe

## Arizona Bean Salad

Recipe adapted from farmersmarketinstitute.org



INTER TRIBAL COUNCIL OF ARIZONA, INC.

### Ingredients:

- 3 cups cooked Tepary Beans
- 3 cups cooked or 1 (15oz) can Pinto Beans (rinsed and drained)
- 1 cup frozen Corn
- 1 (4oz) can chopped green chiles (undrained)
- 1 **Bell Pepper**, any color or mix of colors (cored, seeded, finely chopped)
- 1/2 small **Red Onion** (finely chopped)
- 1/2 **Jalapeno Pepper**- *optional* (seeded, finely chopped)
- 1/2 bunch cilantro (finely chopped)

♥ Foods in **pink** can be purchased with WIC benefits

🍲 Traditional foods are underlined

### Dressing:

Servings: 6-8

- 1/4 cup rice vinegar (or white vinegar)
- 1 ½ tbsps lemon juice (from about 1/2 a **Lemon** squeezed, or more to taste)
- 1-2 **Garlic Cloves** (minced)
- 3/4 tsp dried oregano
- 1/4 tsp salt





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### Directions:

- Gather all ingredients.
- Whisk to combine the rice (or white) vinegar, lemon juice, minced **Garlic**, oregano and salt, set aside.
- Mix the Tepary Beans, Pinto Beans, Corn, green chiles, **Bell Peppers, Red Onion, Jalapeño Pepper** (*optional*) and cilantro in a large bowl.
- Pour dressing over mixture; toss to coat.
- Serve or cover and chill for at least two hours (stir before serving).

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### Nutrition Highlights:

- Tepary, Pinto Beans and fresh, crunchy vegetables (like **Bell Pepper** and Nopales) are high in fiber.
- Eating foods with fiber helps prevent heart disease and control blood sugar.
- Traditional foods are very healthy for your heart and can reduce the chance of diabetes.

### Ideas to try:

- Include fresh Nopale
- Add **Avocado** and use as dip
- Place 1/2 cup of salad in a **Whole Wheat or Corn Tortilla** and top with **Shredded Cheese**