

It's Bean Great

BY KATE SHERWOOD



These two bean dishes are quick, easy, eat-with-a-spoon good, and designed to fill you up before you fill out. 🌱

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

Black Beans & Quinoa with Roasted Peppers

 SERVES 4

- 2 red or yellow bell peppers
- 1 poblano or green bell pepper
- 3 Tbs. extra-virgin olive oil
- 1 Tbs. lemon juice
- ½ tsp. kosher salt
- ¼ tsp. dried oregano
- 1 scallion, minced
- 1 cup cooked quinoa
- 1 15 oz. can no-salt-added black beans, drained and rinsed

1. Cut the peppers in half lengthwise. Place them skin side up on a lined baking sheet. Broil until blistered and charred in places, 10-12 minutes. When cool enough to handle, peel off the skin and dice the peppers.
2. In a large bowl, whisk together the oil, lemon juice, salt, and oregano. Mix in the peppers and all the remaining ingredients.

