

## **Spicy Black Beans**

### *Ingredients:*

2 cups (4 servings)  
2 teaspoons olive oil  
1 clove garlic, minced  
One 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. Saute the garlic until tender, about 2 minutes. Add the beans, salsa and lime juice. Simmer until heated through, about 5 minutes, stirring occasionally.
2. Stir in the tomato; sprinkle with cilantro.

### Nutrition Facts per Serving:

Serving size: 1/2 cup

### Nutrition Facts per Serving:

Calories: 138 Calories from fat: 25 Fat: 3 g  
Saturated fat: 0 g Cholesterol: 0 mg Sodium: 196 mg  
Fiber: 7 g Sugars: 4 g Protein: 7 g  
Carbohydrate: 22 g  
Exchange Approximations: Starch 1 1/2 Fat, monounsaturated 1/2

These beans are delicious hot, spooned over rice, 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 the flavors to blend.

Source and for more recipes visit:

<http://www.eatright.org/NNM/content.aspx?id=5342>