



Tip: Use leftover fajita seasoning to season tacos, vegetables, meats, and brown rice, quinoa or pasta dishes.

Black Bean Salad with Fajita Seasoning

Recipes adapted from "This Healthy Table"
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15 min prep time

20 min cook

Makes 4-6 servings

Ingredients

Fajita Seasoning

- 1 Tbsp. chili powder
- 1 Tbsp. cumin, ground
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp Mexican oregano
- 1/2 tsp cayenne pepper
- 1/2 tsp salt

Directions

1. Combine all spices in a small bowl; mix well.
2. (Optional) Pulse in food processor for finer texture.

Black Bean Salad

- 3 bell peppers*
- 1/2 red onion*
- 2 garlic cloves*
- 1 (15oz) can black beans, drained & rinsed*
- 1 Tbsp. olive oil
- 1/2 tsp fajita seasoning
- Juice of 1 lime*
- 1 jalapeno (optional) *

*Indicates WIC foods

1. Prep all ingredients (dice or rinse).
2. Combine *black beans, *bell peppers, *onion and *garlic in a large bowl.
3. Stir in olive oil, lime juice, salt and fajita seasoning.

Creative ways to use this salad:

1. Eat as-is for a yummy snack.
2. Top lettuce for a delicious salad.
3. Put inside an omelet for a nutrient-packed breakfast.
4. Mix with rice for a complete meal.
5. Add into a taco or burrito.
6. Make it into a "burrito bowl" - add taco meat, rice, corn, avocado - whatever you like!

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