



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"

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

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)

Directions

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

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!

