

Cumin-Lime Confetti Salad

30 ounce canned black beans
1 1/2 cups cooked, shelled edamame
10 ounce frozen corn kernels, thawed
1 jalapeno pepper
1 medium red bell pepper
1 medium orange bell pepper
1 medium yellow bell pepper
1 medium red onion
1/2 cup fresh cilantro

Vinaigrette

3 tablespoons fresh lime juice
3 tablespoons olive oil
1 tablespoon lime zest
1 tablespoon kosher salt
2 teaspoons sugar
1 teaspoon cumin seeds

Drain and rinse black beans and set aside. Remove seeds from jalapeno pepper and mince. Chop bell peppers. Mince onion and cilantro. In a large bowl, combine ingredients with edamame. In a small bowl, whisk together vinaigrette ingredients. Drizzle vinaigrette over bean mixture and toss to coat. Serve chilled or at room temperature. Yields about 1 cup per serving. Serves 10.

Kasie Ivins
Senior
Special Diets
Moore County

Vegetable Soup

Ingredients:

2 (15oz) cans low sodium White Navy Beans
1 T olive oil
½ large onion, diced
2 carrots, diced
2 stalks celery, diced
1 small zucchini, diced
1 clove garlic, minced
1 T chopped fresh Thyme
2 t chopped fresh sage leaves
½ t salt
¼ t pepper
32 oz low sodium chicken broth or vegetable broth
1 (14.5) no salt added diced tomatoes
2 cups chopped baby spinach leaves
1/3 cup freshly grated Parmesan, optional

Directions:

In a small bowl, mash ½ the beans and set aside. Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, salt and pepper. Cook and stir occasionally until vegetable are tender. Add the broth and tomatoes with the juice and bring to a boil. Add the beans and spinach leaves and cook until the spinach is wilted. Serve topped with Parmesan, if desired.

Kaleigh Meador
Senior
Fruit/Vegetable
Potter County

Corn and Avocado Salsa

3 ears of fresh corn, husks and silks removed
2 avocados-peeled, pitted, and cubed
1 red onion, finely diced
1 red bell pepper, seeded and diced
1 Tablespoon ground cumin
1 teaspoon crushed red pepper flakes
¼ cup chopped fresh cilantro
1/3 cup red wine vinegar
2 Tablespoon olive oil
2 tomatoes
2 jalapenos, seeded and diced
1 can black beans, rinsed
¼ cup fresh lime juice
Salt and pepper for taste

Emily Boschen
Senior
Fruit/Vegetable
Randall County

Crunchy Cabbage Salad

1 head green cabbage
4 green onions, sliced thinly
1 package Oriental Chicken-Flavored Noodle Mix (reserve chicken flavor packet for dressing)

Dressing:

1/2 cup vegetable oil
1 tablespoon sugar
1/2 teaspoon black pepper
1 package chicken flavoring from noodle mix
2 tablespoons sesame seeds, toasted
1/2 cup sliced almonds, toasted

Shred or finely chop cabbage. Add onions and noodles (crushed with hands). Mix well, cover; set in refrigerator for 1 hour, no longer. Mix dressing ingredients thoroughly. Refrigerate until serving time. Toast seeds and almonds in oven at 350 degrees for about 7 minutes. Toss dressing with cabbage mixture; add toasted seeds and almonds. Yield: 10 servings.