KID FRIENDLY RECIPE FOR APRIL...

**BEST BLACK BEANS**- Serves 4

1 (16 ounce) can black beans  
1 small onion, chopped  
1 clove garlic, chopped  
1 tablespoon chopped fresh cilantro  
1/4 teaspoon cayenne pepper, optional

Directions:  
In a medium saucepan, combine beans, onion, and garlic, and bring to a boil. Reduce heat to medium-low. Season with cilantro, cayenne, and salt to taste. Simmer for 5 minutes, and serve.

Adapted from: www.allrecipes.com

---

ADULT FRIENDLY RECIPE FOR APRIL...

**SOUTHWESTERN CORN AND BLACK BEAN SALAD**- Serves 4

3 large ears of corn, husked  
1/3 cup pine nuts  
1/4 cup lime juice  
2 tablespoons extra-virgin olive oil  
1/4 cup chopped fresh cilantro  
1/2 teaspoon salt  
Freshly ground pepper, to taste  
2 15-ounce cans black beans, rinsed  
2 cups shredded red cabbage, (see Tip)  
1 large tomato, diced  
1/2 cup minced red onion

Directions:  
Bring 1 inch of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.

Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.

Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

Adapted from: www.eatingwell.com