

HEALTHY POST HOLIDAY RECIPES

Cooking has never been this easy.

Dominican University Head Start Nutrition Services Funded by Chicago
Department of Family and Support Service - Children Services





Spinach and Black Bean Salad

ADAPTED BY DOM UNIVERSITY FROM

[HTTPS://WWW.MYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/SPINACH-BLACK-BEAN-SALAD](https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spinach-black-bean-salad)

Ingredients:

- 2 tablespoons vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon dijon mustard
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/8 ground nutmeg (1/8 teaspoon, optional)
- 2 cups spinach (washed)
- 1 1/2 cups Black beans, low-sodium, canned, drained and rinsed
- 2 tomatoes (chopped)
- 1 red onion (small, chopped)

Directions:

1. In a large bowl, combine vinegar, oil, mustard, garlic, oregano, basil, and nutmeg.
2. Wash, drain, and chop spinach.
3. Add spinach, black beans, tomatoes, and onions to vinegar and oil. Toss well and serve.
4. Serves 3. Enjoy!



Ensalada de Espinacas y Frijoles Negros

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Ingredientes

- 2 cucharadas de vinagre
- 1 cucharada de aceite vegetal
- 1 cucharada de mostaza dijon
- 1 cucharadita de ajo en polvo
- 1/2 cucharadita de orégano seco
- 1/2 cucharadita de albahaca seca
- 1/8 de nuez moscada molida (1/8 de cucharadita, opcional)
- 2 tazas de espinacas (lavadas)
- 1 1/2 tazas de frijoles negros, bajos en sodio, enlatados, escurridos y enjuagados
- 2 tomates (picados)
- 1 cebolla morada (pequeña, picada)

Direcciones

1. En un tazón grande, combine el vinagre, el aceite, la mostaza, el ajo, el orégano, la albahaca y la nuez moscada.
2. Lavar, escurrir y picar las espinacas.
3. Agregue espinacas, frijoles negros, tomates y cebollas al vinagre y aceite. Mezcle bien y sirva.
4. Para 3 personas. ¡Disfruta!