

Black Bean Dip

From Dick Ogren
Serves 6 - 10



INGREDIENTS

2 cups cooked black beans	½ medium tomato	1/3 cup fresh cilantro
2 Tbsp onion, chopped	2 Tbsp fresh lime juice	1 tsp cumin
1 clove garlic	½ tsp chili powder	½ tsp salt

DIRECTIONS

Place all ingredients in blender or food processor and blend until smooth. Blending may require short bursts at different speeds; add small amount of water if needed.

Place bean dip in covered container and store in refrigerator a few hours before serving.

Serve with fresh vegetables, chips or crackers.

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Red Cabbage Coleslaw

From Dick Ogren
Serves 6 - 8



INGREDIENTS

Slaw

4 cups cabbage, shredded	½ red bell pepper, sliced
1/2 cucumber, sliced	4 scallions (green onions), sliced

Dressing

2 tbsp water	2 tbsp tahini	1 tbsp Dijon mustard
1 tbsp tarragon vinegar	1/4 tsp salt	1/8 tsp garlic, pressed
Add pepper to taste		

DIRECTIONS

1. Place cabbage, red pepper, cucumber and scallions in large bowl.
2. Place all dressing ingredients in small bowl; stir until well blended.
3. Drizzle the dressing over the vegetables; mix until the vegetables are coated.
4. Cool in the refrigerator for 1 hour before serving.

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