



January Nutrition Education

- **January 10th - Food Sampling 9am- 2pm**
- **January 15th - Food Sampling 1am-3pm**
- **January 17th - Food Sampling 10am-3pm**
- **January 22nd - Food Sampling 1am-3pm**
- **January 24th - Food Sampling 10am-3pm**
- **January 29th - Food Sampling 1pm-3pm**
- **January 31st - Food Sampling 10am-3pm**

Black Bean Quesadillas

Ingredients

- 1 15 oz. can black beans
- 1 cup frozen corn kernels
- 1/2 small red onion
- 1 clove garlic
- 2 cups shredded cheese
- 1 packet taco seasoning
- 10 taco sized tortillas

Instructions

1. Drain the can of beans and rinse lightly. Place the beans in a large bowl along with the corn (no need to thaw).
2. Dice the onion and mince the garlic. Add garlic, onion, taco seasoning, and shredded cheese to the bowl with the beans and corn. Stir to combine.
3. Place a half cup of the filling on one side of each tortilla and fold over. Cook in a skillet on both sides over medium heat until brown and crispy and the cheesy filling has melted.
4. To freeze, fill each quesadilla and place on a baking sheet lined with parchment paper. Place in the freezer for one hour to freeze and then transfer to a freezer bag. To reheat either microwave or cook in a skillet on low heat.

Black Bean Chili

Ingredients

- 1 Tbsp. oil
- 1 yellow onion
- 4 cloves garlic
- 1/2 lb. ground turkey, beef, or bison
- 3 15 oz. cans black beans
- 1 15 oz. can diced tomatoes
- 3 oz. tomato paste
- 1 Tbsp. chili powder
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/2 tsp oregano
- 1/4 tsp salt (or to taste)

Instructions

1. Dice the onion and mince the garlic. Add the onion and garlic to a large pot with 1 tbsp. oil and cook over medium-low heat just until softened (2-3 minutes).
2. Add the ground meat to the pot and continue to sauté until it is cooked through (5-7 minutes) and break the meat into smaller pieces as it cooks.
3. Add the beans (undrained), tomatoes (undrained), tomato paste, chili powder, cumin, smoked paprika, and oregano. Stir to combine.
4. Simmer for about 10 minutes. Taste and add salt as needed.

For more information, contact:

Nicole Sobolik Nutrition Educator

Spirit Lake Food Distribution

P.O. Box 414

1314 Dakota Drive

Fort Totten, ND 58335

701-766-4527 or 701-766-4684

nutrition-ed@gondtc.com

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Healthy Tip: Beans are high in minerals and fiber without the saturated fat found in some animal proteins. According to the American Heart Association, eating beans regularly may reduce your risk of heart disease by improving your blood cholesterol. Adding beans to your diet may also help keep you feeling full longer, so you'll consume fewer calories. Be sure to drain and rinse canned beans before use to remove excess salt.