




Recipe Corner

These recipes were developed by students from the Home Economics Education and Nutrition programs at the University of Saskatchewan and Nutrition students from McGill University in Montreal. Recipes had to include at least one cup of pulses and they were judged for flavour, texture, appearance, and overall combination of ingredients. A panel of Home Economists and consumers selected the winning recipes among the many received.




Black Bean Frittata Diamonds - Wing-Yee Fung, McGill University

6	large eggs	6
50 mL	milk	1/4 cup
7 mL	salt	3/4 tsp
.5 mL	pepper	1/8 tsp
1 mL	paprika	1/4 tsp
5 mL	cumin	1 tsp
250 mL	black beans	1 cup
3	green onions	3
125 mL	red pepper thinly sliced	1/2 cup

- Preheat oven to 180°C (350° F).
- Grease a 25 cm x 15 cm (10 x 6 inch) pyrex dish.

- In a large bowl, mix eggs, milk, salt, pepper, paprika and cumin. Whisk together until blended.
 - Stir in black beans, red pepper, and green onions.
 - Transfer to the greased pyrex dish.
 - Bake for about 30 minutes, or until eggs are cooked through and the top is golden brown.
 - Turn out onto a work surface and let cool.
 - With a knife, trim edges of the frittata. Cut lengthwise into four 3.75 cm (1 1/2 inch strips). On a diagonal, cut 2.5 cm (1 inch) diamonds from each strip.
- Makes about 24 pieces.*



Mexican Dip - Heather Whittick, University of Saskatchewan

396 mL	can of pitted black olives	14 oz
375 g	shredded Monterey Jack cheese	12 oz
4	large tomatoes	4
5-10	green onions	5-10
115 mL	sliced jalapenos	3 oz
250 mL	black beans	1 cup
250 mL	low fat Italian dressing	1 cup

- In a food processor combine black olives, green onions, jalapenos, and black beans. Process until finely chopped.

- Add to the Monterey Jack cheese in a large bowl.
- Dice tomatoes and add to the mixture.
- Add Italian dressing and stir until well mixed.
- Dip can be refrigerated or frozen to keep longer.

Serve with black bean or corn tortilla chips.

Yield: 1500 mL (6 cups)