

RECIPE CORNER



Pinto Pita Pockets

- 1¾ cups pinto beans, cooked
- 1 teaspoon ground cumin
- 1 tablespoon fresh lime juice
- 1 teaspoon minced garlic
- 2 green onions, roughly chopped
- ½ cup parsley, roughly chopped
- ⅛ teaspoon salt
- Ground pepper to taste
- ⅛ teaspoon ground chipotle or cayenne pepper
- 1 medium-sized ripe tomato, diced
- 4 pitas

Place the pinto beans, cumin, lime juice, garlic, green onion and parsley in a food processor and process until smooth. Add salt, black pepper and chipotle pepper. Cover the mixture and chill for at least 2 hours. When ready to serve, mix in the tomato. Put ¼ of the mixture into each pita and serve.

Nutrition per serving

234 calories, 2 g fat, 47 g carbohydrates, 13 g protein, 11 g fibre, 122 mg calcium, 3 mg iron, 578 mg sodium

Beans with Bacon and Cabbage

- 3 thick slices bacon
- 2 teaspoons minced garlic
- 2 small leeks, thinly sliced
- 6 cups Savoy cabbage
- 1 cup chicken stock
- ¼ cup dry white wine
- 1¼ cups navy beans
- 1 tablespoon fresh sage, julienned
- 1 tablespoon fresh chives, chopped
- Freshly ground pepper to taste



Cook bacon in a large non-stick skillet until crisp, then place on paper towel. Add garlic and leeks to the skillet and cook for about 2 minutes. Add the cabbage, chicken stock, white wine, and beans. Stir to combine, simmer until the cabbage begins to wilt. Crumble the bacon, and add to the skillet along with the herbs and pepper. Stir until combined, adjust the seasoning.