

RECIPE CORNER



Black Bean, Tomato and Spinach Pizza

- 1 thin pizza crust
- 1-15 oz can (398 ml) black beans, rinsed and drained
- ½ tsp (2 ml) hot sauce
- ⅔ cup (150 ml) onion, chopped
- 1 tsp (5 ml) cumin
- 1 tsp (5 ml) chili powder
- 1 garlic clove, minced
- ½ cup (125 ml) salsa
- 1 tomato, diced
- ½ package frozen chopped spinach thawed and squeezed dry
- 2 tbsp (30 ml) fresh parsley, chopped
- ½ cup (125 ml) shredded cheddar cheese
- ½ cup (125 ml) shredded Monterey Jack cheese

Preheat oven to 375°F (190°C). Place pizza crust on a baking sheet; bake for 5 minutes or until crisp. Mash beans with a fork; add hot sauce, onion, cumin, chili powder and garlic. Spread mixture over crust, leaving a 1-inch border. Spoon salsa evenly over bean mixture; top with tomato and spinach. Sprinkle with cheeses. Bake for 15 minutes or until crust is lightly browned. Garnish with parsley. Makes 8 slices.

Nutritional Information (per slice)

279 calories; 11 g fat; 15 g protein; 31 g carbohydrate; 4.3 g fibre; 32 mg cholesterol; 513 mg sodium.

Sautéed Asian Yellow Split Peas

- 2 cups (500 ml) dried yellow split peas
- ⅓ cup (75 ml) honey
- ¼ cup (50 ml) light soy sauce
- 2 tsp (10 ml) cornstarch
- 1 tbsp (15 ml) sesame oil
- 5 garlic cloves, minced
- 2 tsp (10 ml) crushed red pepper
- 2 tsp (10 ml) gingerroot, minced
- 3 green onions, sliced
- 1 sweet red pepper, diced
- ½ cup (125 ml) currants



Combine peas and 4 cups (1 L) water in a large saucepan; bring to a boil. Cover, reduce heat and simmer for 25 minutes or until peas are soft. Drain. Whisk together honey, soy sauce, 2 tbsp (30 ml) water and cornstarch in a small bowl. Set aside. Heat oil over medium heat in a large non-stick skillet. Sauté garlic, crushed red pepper, ginger and green onions for 1 to 2 minutes. Stir in red pepper, currants and peas, sauté for about 5 minutes, stirring frequently. Add honey mixture and cook until thickened and bubbly, stirring constantly. Serve over cooked rice. Makes 4 servings.

Nutritional information (per serving)

289 calories; 4.4 g fat; 11.4 g protein; 54.8 g carbohydrate; 4.7 g fibre; 0 mg cholesterol; 277 g sodium.