

# Recipe of the Month

## Black Bean Bagel Sandwich for March 2012

### INGREDIENTS

- ◇ 1 can (15 oz-16 oz) black beans, drained, rinsed
- ◇ 1/3 cup chunky-style salsa
- ◇ 1/4 teaspoon ground cumin or chili powder
- ◇ 4 bagels (3-inch diameter), cut horizontally in half
- ◇ 2 plum (Roma) tomatoes, sliced
- ◇ Lettuce leaves



### DIRECTIONS

1. In food processor or blender, blend beans, salsa and cumin until smooth.
2. Spread 1/4 cup bean mixture over each of 4 bagel halves. Top with tomato, lettuce and remaining bagel halves. **Makes 4 sandwiches.**

### *Nutritional Information per Serving:*

Calories 300; Total Fat 1½ g (Saturated fat 0g); Cholesterol 0 mg; Sodium 440 mg;  
Total Carbohydrate 58g; Dietary Fiber 10g; Protein 14g



Recipe from [www.eatbetterearly.com](http://www.eatbetterearly.com)