

# Recipe of the Month



## Black Beans in Boo Bowls for October 2011

### INGREDIENTS

- 3 large oranges
- 2 cans (15 oz each) black beans, drained, rinsed
- 1/2 cup Thick 'n Chunky salsa
- 1/3 cup shredded mild Cheddar cheese

### DIRECTIONS

1. Using small paring knife, make zigzag cut around center of each orange, cutting orange in half; pull halves apart.
2. Using grapefruit spoon or small paring knife, remove orange segments; place in resealable food-storage plastic bag, and save for another use.
3. In 1-quart saucepan, heat beans and salsa over medium-high heat, stirring constantly, until hot. Spoon bean mixture into orange shells.
4. Spoon about 1 tablespoon cheese on top of each. Place on microwaveable plate; microwave on High 1 to 2 minutes or until cheese starts to melt. **6 servings**



### *Nutritional Information per Serving:*

Calories 200 (Calories from fat 25); Total Fat 3 g (Saturated fat 1½ g); Cholesterol 5 mg; Sodium 190 mg; Total Carbohydrate 33 g; Dietary Fiber 12 g; Protein 11 g

