Recipes and Shopping List

Week 1: Beans

Black Bean and Quinoa Lettuce Wraps

Serves: 4 | Time: 10 minutes

Ingredients

2 cups cooked black beans
1 medium tomato, diced
¼ cup diced scallions
1 cup cooked quinoa (½ cup dry)
1 tbsp toasted sesame oil
1 tbsp rice wine vinegar
8 lettuce leaves

Instructions

1. If the quinoa is not cooked, place the quinoa in a pot over medium-high heat with 1 cup of water. Cook until all of the water is absorbed and quinoa is fluffy, about 15 minutes.
2. Mix the black beans, diced tomato, scallions, cooked quinoa, sesame oil and vinegar in a bowl. Season to taste with salt and pepper.
3. Spoon the black bean mixture into the lettuce leaves.

Black Bean Stuffed Avocados

Serves: 4 | Time: 5 minutes

Ingredients

2 cups cooked black beans
½ cup of your favorite salsa
2 large avocados
1 lime
¼ cup full fat plain greek yogurt

Instructions

1. Combine black beans and salsa in a bowl, set aside.
2. Slice avocadoes in half, remove pit. Spoon black bean mixture into the avocados.
3. Whisk the juice from one lime into the Greek Yogurt and drizzle over the avocadoes before serving.

Crispy Black Bean Quesadillas

Serves: 4 | Time: 15 minutes

Ingredients

2 cups cooked black beans
½ cup red enchilada sauce
1 cup shredded pepper jack cheese
8 corn tortillas

Instructions

1. Pre-heat the oven to 425 degrees. Combine the black beans and enchilada sauce in a small bowl. Toss until beans are coated.
2. Place tortillas on a baking sheet and spoon the black bean mixture evenly on top of each one. Top with pepper jack and carefully fold in half, then bake for 10 minutes.

Shopping List — Week 1

PRODUCE
- ☐ 1 medium size tomato
- ☐ 1 bunch scallions
- ☐ 1 head of romaine
- ☐ 2 large avocados
- ☐ 1 lime

DAIRY AND MEAT
- ☐ ¼ cup plain Greek yogurt
- ☐ 1 cup shredded pepper jack cheese

DRY GOODS
- ☐ 6 cups (4 cans) cooked black beans
- ☐ 2 cups cooked quinoa (1 cup dry)
- ☐ ½ cup of your favorite salsa
- ☐ ½ cup red enchilada sauce
- ☐ 8 small corn tortillas
- ☐ 1 tbsp toasted sesame oil
- ☐ 1 tbsp rice vinegar

PANTRY
- ☐ Salt
- ☐ Pepper

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