Mexican Bean Salad
Serves 8
Recipe pulled from allrecipes.com

**Ingredients**
- 1 (15oz) can black beans, rinsed and drained
- 1 (15oz) can kidney beans, drained
- 1 (15oz) can cannellini beans, drained and rinsed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (10oz) package frozen corn kernels
- 1 red onion, chopped
- ½ c olive oil
- ½ c red wine vinegar
- 2 Tbsp fresh lime juice
- 1 Tbsp lemon juice
- 2 Tbsp white sugar
- 1 Tbsp salt
- 1 clove crushed garlic
- ¼ c chopped fresh cilantro
- ½ Tbsp ground cumin
- ½ Tbsp ground black pepper
- 1 dash hot pepper sauce
- ½ tsp chili powder

**Directions**
1. In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.
3. Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold

**Nutrition facts per serving:** 334 Calories, 15 g fat (2 g saturated), 42 g carbs, 11 g fiber, 11 g protein
Sweet Potato Fries
Serves 4
Recipe pulled from gimmesomeoven.com

Ingredients
- 2 medium sweet potatoes, rinsed and dried
- 2 Tbsp olive oil
- 1 tsp paprika
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp black pepper
- ½ tsp cumin
- ¼ tsp cayenne pepper

Directions
1. Preheat the oven to 450 degrees.
2. Carefully cut the potatoes into 1/4" thin strips, or to your desired thickness and length. Then place in a large bowl, and toss with the remaining ingredients (oil and spices) until potatoes are evenly coated.
3. Spread potatoes evenly on a baking sheet prepared with parchment paper or silicone baking sheet. (Try not to overcrowd the sheet, or have multiple layers of fries -- you want them to be roasted, not steamed.)
4. Place in oven and cook for 20-25 minutes, turning the fries once or twice during that time to cook evenly. (May take more or less time, depending on the size and thickness you cut the fries.) Remove once the edges slightly begin to brown and fries begin to crisp.

Nutrition facts per serving: 219 Calories, 7 g fat (1 g saturated), 35 g carbs, 4 g fiber, 5 g protein
Peas with Mushrooms

Serves 4
Recipe pulled from allrecipes.com

Ingredients
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 Tbsp butter
- 1 (10oz) package frozen green peas, thawed
- 1 (4.5oz) jar sliced mushrooms, drained
- 1 tsp white sugar
- ½ tsp salt
- ¼ tsp dried thyme
- 1 pinch black pepper

Directions
1. Cook peas according to package directions. Set aside.
2. Melt butter in a skillet over medium heat. Saute onion and garlic in butter until tender, about 5 minutes. Stir in the peas and mushrooms, then season with sugar, salt, thyme and pepper. Reduce heat to low, and cook just until heated through.

Nutrition facts per serving: 128 Calories, 6 g fat (4 g saturated), 15 g carbs, 4g fiber, 5 g protein