

# FOOD

## Black Bean Soup with Forbidden Rice

*This hearty soup is vegan, gluten free, dairy free; serves 4, 1/2 cup beans and 1/2 cup rice.*

### Ingredients:

- 2 Tbsp extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 cups cooked black beans (of using canned, be sure to rinse and drain well)
- 1 to 2 cups vegetable stock
- 1/2 cup canned, undrained fire roasted diced tomatoes
- 2 Tbsp braggs liquid aminos or gluten free tamari or soy sauce
- 1 Tbsp chili powder
- 2 cups cooked forbidden rice or brown rice

### Garnish Ingredients:

- 1 avocado, seeded and cubed
- Fresh diced tomatoes (from KYV farm) or extra fire roasted tomatoes
- Lots of fresh cilantro (from KYV farm)
- Fresh lime juice (about one lime)



### Directions:

1. Heat olive oil in a small pot, sauté onion about five minutes; add garlic, sauté an additional minute. Add black beans, vegetable stock, tomatoes, liquid aminos and chili powder. Bring to a boil, reduce heat and simmer about 10 minutes, or thickened to your taste.
2. Serve black beans over rice; top with 1/4 avocado, a dollop of diced tomatoes, fresh cilantro and a squeeze of lime.

## Mexican Chopped Salad

### Dressing Ingredients:

- 2 tablespoons extra virgin olive oil
- 1/4 cup fresh lime juice
- 2 tablespoons honey
- 1/2 teaspoon cumin
- 1 clove garlic
- 1/2 teaspoon salt
- 2 tablespoons canola oil
- freshly ground black pepper
- taste and add salt if needed

### Tortilla Strips Ingredients:

- 6 6-inch corn tortillas
- 1 1/2 tablespoons canola oil
- 1/2 teaspoon sea salt



### Salad Ingredients:

- 1 medium head romaine lettuce, chopped in approximately 1/2 inch pieces
- 1 medium bell pepper, diced in 1/4-inch pieces, or feel free to use whichever color you want.
- 1/2 medium red onion, diced in 1/4-inch pieces
- 1/2 medium jicama, peeled and diced in 1/4-inch pieces
- 1 medium zucchini, diced in 1/4-inch dice
- 4 medium tomatoes, seeded and diced into 1/4-inch dice
- 4 ears corn (if fresh corn is not in season, substitute 1 1/2 cups of sweet, tiny frozen corn)
- 1 1/2 cups canned black beans, drained and rinsed
- 1/2 cup finely chopped cilantro, plus whole cilantro leaves for garnish, if desired.

### Directions:

1. For the dressing, combine lime juice, honey, cumin garlic and salt. Stir to combine. In a slow, steady stream, add the oils, stirring continuously with a fork or small whisk. Taste and add more salt and pepper, if needed. Set aside.
2. For the corn tortilla strips, preheat oven to 400°F. Stack corn tortillas on a cutting board. Cut in half. Cut each stack of halves into thin strips, crosswise, about 1/4 inch thick.
3. Transfer tortilla strips to a sheet pan. Drizzle with oil. Sprinkle with salt and toss to coat.
4. Bake for 15-20 minutes, stirring every 5 minutes, or until light golden brown and crisp. Set aside to cool.
5. For the salad, place corn, two ears at a time, in the microwave and cook for 3 1/2 minutes. Remove from microwave with a hot pad and allow to cool for 5 minutes. After cooling, cut bottom end of corn off, about 1 1/2 inches from end. Pull back husk and silks (almost all of the silk should easily pull away). Cut kernels from husks and set aside.
6. Combine corn and other salad ingredients in a large bowl. Stir to combine. Add dressing and stir to coat all ingredients. Garnish with cilantro leaves, if desired.
7. Serve with tortilla strips on top or place a bowl on the side and let guests help themselves.

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