

## 5 A Day Recipes

### Main Courses

#### **Black Beans with Corn and Tomatoes**

##### **Serves 4**

All of the ingredients for this tasty recipe will likely be found in your cupboard. You may want to try it next time you run out of fresh produce.

- 1 15-ounce can low-sodium, no fat added black beans
- 1 cup cut tomatoes, fresh or canned
- 1 teaspoon fresh parsley, chopped
- ½ teaspoon chili powder
- 1 cup frozen corn, thawed
- 1 clove garlic, pureed or roasted
- 1/8 teaspoon cayenne pepper or more to taste

Drain and rinse beans. In a bowl, combine beans, corn, tomatoes and garlic. Add parsley, pepper and chili powder. Combine and serve.

This is an official 5 a day recipe, and provides four people with two servings of vegetables each.