

## Black Bean Chili with Avocado and Country Cornbread

Serves 6. Total time 40 minutes.

### Black Bean Chili with Avocado

Avocados are known as "poor man's butter" for their rich, velvety texture. They are high in heart-healthy monounsaturated fats and a perfect topping for Mexican dishes.

1 T. olive oil	2 T. chili powder
4 carrots, chopped (2 cups)	1 T. cumin
1 onion, chopped	1 tsp. dried oregano
3 garlic cloves, chopped	$\frac{1}{4}$ tsp. salt
1 fresh jalapeno, seeded and finely chopped	1 small avocado
2 zucchini, chopped (2 cups)	1 lime, juiced
2 cups cooked black beans	
2 (28 oz.) cans no salt added crushed tomatoes	

#### **Directions:**

1. Warm olive oil in a large pot over medium-high heat. Add carrots, onion, garlic, and jalapeno; cook 5 minutes. Add zucchini; cook 5 minutes. Add black beans, tomatoes, chili powder, cumin, oregano, and salt; simmer 20 minutes until vegetables are tender and chili is slightly thickened. Peel, pit, and chop the avocado (see tip #1); toss it with lime juice and sprinkle over individual bowls of chili.

### Country Corn Bread

1- $\frac{1}{2}$ cup whole grain cornmeal	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup whole wheat flour	1 egg, lightly beaten
$\frac{1}{4}$ cup sugar or Splenda®	8 oz. plain nonfat yogurt
$\frac{1}{2}$ tsp. baking soda	$\frac{1}{4}$ cup canola oil

#### **Directions:**

1. Preheat oven to 375° F. In a large bowl, combine cornmeal, flour, sugar, baking soda, and salt. In a small bowl, combine egg, yogurt, and canola oil. Add yogurt mixture to cornmeal mixture, stir to combine (batter will be thick). Pour into a 9-inch square baking pan coated with nonstick cooking spray. Bake 20-25 minutes until golden and cooked through.

**Total Meal Nutrition Information (per 1/6 of each recipe):** 502 calories, 15 g protein, 19 g fat, 3 g saturated fat, 71 g carbohydrate, 11 g fiber, 36 mg cholesterol, 510 mg sodium  
**1 serving equals:** 1 whole grain, 1 protein/ dairy, 4 vegetable, 1 fat

# Black Bean Chili with Avocado and Country Cornbread

## Shopping List

### Produce Department

- 4 carrots, chopped (2 cups)
- 2 zucchini, chopped (2 cups)
- 1 onion, chopped
- 1 small avocado (see tip #1)
- 1 lime
- 3 garlic cloves, chopped
- 1 fresh jalapeno, seeded and finely chopped

### Dry Goods Department

- 2 (28 oz.) cans no salt added crushed tomatoes
- 1 pkg. dried black beans (prepared ahead) or 1 (15 oz.) can black beans
- 1- $\frac{1}{2}$  cup whole grain cornmeal (see tip #2)
- $\frac{1}{2}$  cup whole wheat flour
- $\frac{1}{4}$  cup sugar or Splenda® (see tip #3)
- $\frac{1}{4}$  cup canola oil
- 1 T. olive oil
- 2 T. chili powder
- 1 T. cumin
- 1 tsp. dried oregano
- $\frac{1}{2}$  tsp. baking soda

### Meat/ Dairy Department

- 8 oz. plain nonfat yogurt
- 1 egg

#### Smart Shopper Tip #1:

Look for the dark green Haas avocado with dark rough, dimpled skin. A ripe avocado will yield to gentle pressure when squeezed.

Store unripe avocados at room temperature and ripe avocados in the refrigerator.

Avocado turns brown easily when exposed to air so prepare it just before serving. Sprinkle it with lime juice to help slow the discoloration.

To chop an avocado, cut it in half lengthwise, cutting around the large, round pit at the center. Scoop out the pit with a spoon and discard it. Gently scoop out the flesh with a spoon and chop it into  $\frac{1}{4}$  inch pieces.

#### Smart Shopper Tip #2:

Arrowhead Mills, Bob's Red Mill, Hodgson Mills, and King Arthur all make whole-grain cornmeal that is available in many supermarkets. If your supermarket doesn't carry it, ask them to stock it. Remember to look for "whole grain cornmeal" on the ingredient list.

#### Smart Shopper Tip #3:

Sugar and artificial sweeteners, such as Splenda®, can both fit into a healthy diet. The key is to consume them in moderation.

Whichever you choose, try to limit yourself to no more than one serving of sugar (such as 2 cookies) or artificial sweetener (such as 12 oz. diet soda) per day.