

## Mexican Bowl

Yield: 2 generous portions

Spray oil plus 1 teaspoon

1 15 oz can of black beans (rinsed and drained)

1 clove garlic, minced

¼ teaspoon ground cumin

½ medium onion, diced

1 tomato, diced

½ avocado

½ lime

1 plantain, sliced

1 can whole corn

Cooked rice or quinoa

Salt to taste

Spray baking tray with oil and arrange plantain slices in 1 layer. Spray plantain lightly and toast in toaster oven for 4 minutes, turn over and toast for a further 4 minutes. While plantain slices are toasting, spray oil in small pot and add 1 teaspoon of oil. Sauté half of the diced onion, garlic and cumin in pot, add beans and ½ can water, let simmer. Make guacamole by mashing the avocado with lime, then add diced tomato and the other half of the diced onion. Assemble bowl by adding rice/quinoa to the bottom of the bowl and arrange the beans, plantain, guacamole and corn on top.

