

# Chipotle Slaw

Servings: 12 | Serving size: 1 ounce | Calories per serving: 40 kcal

## Ingredients:

- ½ each red cabbage head, shredded
- ½ each green cabbage head, shredded
- 2 Tbsp chipotle mayonnaise (4:1 ratio of mayo and chipotle peppers in adobo sauce, minced)
- 2 each radishes
- ½ each cilantro bunch, chopped

## Preparation:

1. Prepare the chipotle mayonnaise. Grate the radish
2. Add all ingredients to a bowl and combine. Chill until ready to use.

## Shopping List

### Produce

- ☐ Red cabbage
- ☐ Green cabbage
- ☐ Radish
- ☐ cilantro

### Pantry

- ☐ Mayonnaise
- ☐ Chipotle peppers in adobo sauce

# Habanero Salsa

Servings: 16 | Serving Size: ¼ cup | Calories per serving: 16 kcal

## Ingredients:

1 ½ cups	fresh tomatoes, diced
2 ½ each	habanero peppers, seeded and minced
1 dash	chili powder
½ tsp	ground black pepper
1 ½ tsp	kosher salt
4 ounces	canned, diced in juice tomatoes
2 2/3 Tbsp	fresh cilantro, chopped
½ each	yellow onions, finely diced
½ tsp	fresh oregano, chopped
1 ½ tsp	garlic, chopped

## Preparation:

1. To a food processor, add the onion, cilantro, tomato, habanero, salt, pepper and chili powder. Pulse until the desired texture is reached.
2. Add the mix to a bowl. Stir in the chopped tomatoes, oregano, and garlic.

## Shopping List

### Produce

- ☐ Tomatoes
- ☐ Habanero peppers
- ☐ Fresh cilantro
- ☐ Yellow onion
- ☐ Fresh oregano
- ☐ Garlic

### Pantry

- ☐ Chili powder
- ☐ Ground black pepper
- ☐ Kosher salt
- ☐ Canned tomatoes diced in juice

# Black Beans

Servings: 5 | Serving Size: ½ cup | Calories per serving: 75 kcal

## Ingredients:

½ each	small yellow onion, finely diced
2 ½ tsp	oil
1 Tbsp	cold water
¼ tsp	kosher salt
2 each	15-ounce cans black beans, drained and rinsed
¾ tsp	granulated sugar
¼ tsp	cumin
1 ¾ tsp	garlic, minced
About 1/6	red bell pepper, finely diced

## Preparation:

1. In a skillet, heat the oil and sauté the onion and bell pepper until both are soft.
2. Add the garlic, cumin, and sugar and sauté for another minute.
3. Add the beans and stir in the water to incorporate. Season with salt and serve hot.

## Shopping List

### Produce

- ☐ Small yellow onion
- ☐ Garlic
- ☐ Red bell pepper

### Pantry

- ☐ Oil (for high heat cooking)
- ☐ Kosher salt
- ☐ Canned black beans, low sodium
- ☐ Granulated sugar
- ☐ Cumin