

Black Bean and Veggie Salad With Lime-Cinnamon Vinaigrette

Makes: 8 (1/2 cup) servings • Prep time: 20
minutes • Total time: 20 minutes

INGREDIENTS

1 large (29-ounce) or 2 medium (15-ounce) cans no-salt-added black beans, rinsed and drained
4 ounces Cabot 50% Reduced Fat Jalapeno Cheddar, cut into ¼ inch dice (about 1 cup)
¾ cup diced red bell peppers
¾ cup diced orange or yellow bell peppers
1/3 cup chopped red onion
6 tablespoons olive oil
3 tablespoons fresh lime juice
1/2 teaspoon ground cinnamon

DIRECTIONS

1. In medium bowl, combine beans, cheddar, bell peppers and onion.
2. In small bowl, whisk together oil, lime juice and cinnamon.

Pour dressing over salad, tossing to combine.

This recipe is modified from one on the Cabot Cheese website. For more healthy recipes using creative spices—including a chicken salad with curry and cinnamon and a grilled Indian pizza with turmeric, cumin and mint—visit www.udel.edu/udmessenger.