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## MEXICAN BLACK BEAN AND TOMATO SALAD

SERVES 4

*This is a wonderfully easy salad to prepare, especially when you use canned black beans. It's absolutely sublime when made with fresh tomatoes that are their flavorful best during the height of summer. Feel free to vary the amount of garlic and spices to suit your palate.*

### DRESSING

2 tablespoons extra-virgin olive oil

2 tablespoons freshly squeezed lemon or lime juice

1 or 2 garlic cloves, minced

1 to 2 teaspoons ground cumin

1 to 2 teaspoons chili powder

Salt and freshly ground black pepper

1½ cups cooked black beans, or 1 (16-ounce) can, rinsed and drained

1 or 2 large fresh tomatoes, chopped, or 1 pint cherry tomatoes, halved

1 large green bell pepper, chopped

*(Continued on back)*

**1/4 cup chopped red onion, or 2 green onions, white and green parts, chopped**

**3 sprigs fresh cilantro, chopped**

1. In a medium bowl, combine the olive oil, lemon juice, garlic, cumin, chili powder, salt, and black pepper and stir until thoroughly combined. Set aside.
2. In a large bowl, combine the black beans, tomatoes, bell pepper, onion, and cilantro. Add the dressing and toss thoroughly until the vegetables are evenly coated with the dressing.

***Serving Tip:** This salad tastes best when refrigerated for an hour or two before serving.*

*—Recipe by Robin Taylor, from **Bounty from the Box: The CSA Farm Cookbook***

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## **ABOUT CILANTRO**

Cilantro has a bright, assertive, sage-citrus flavor that people either love or hate. (Some say it tastes like soap or rubber, and scientific evidence supports that.) Resembling flat-leaf parsley but with leaves that are more rounded, cilantro is an essential ingredient in many world cuisines, including Vietnamese, Middle Eastern, Indian, and Latin American. Its seeds are used as a spice and known as *coriander*.

Handle cilantro carefully, for its leaves wilt and bruise easily. If your cilantro is bunched, you can place your cilantro bouquet in a small glass of water, cover it loosely with plastic, and store it in the refrigerator, or uncovered on your countertop at room temperature. If you change the water every few days, your cilantro should last for up to 2 weeks. Otherwise, thoroughly wash it, spin it in a salad spinner or pat as dry as possible, and roll it up loosely in a damp paper towel in a plastic bag, where it will keep in the refrigerator for up to 1 week.