



Black Bean and Corn Salad with Market and Garden Vegetables

Ingredients:

½ lb Green beans cut into ¼ to ½ inch pieces

6 C Cooked black beans from dried beans or 3 Cans black beans, well rinsed and drained

3 Ears of fresh corn, cut off the cob

1-2 medium Cucumbers, (peeled if tough), sliced longitudinally and seeded if necessary (slice out with a paring knife or scoop out with a spoon)

½ pint Cherry or grape tomatoes, halved or cut into quartered if large

3-4 T Vinegar (we used Chive vinegar from “Herbin’ Kitchen), or other neutral vinegar

4-5 T Olive oil (extra virgin preferred but not necessary)

Salt and black pepper

Optional: mozzarella cheese cut into ½ inch pieces, finely julienned basil, grated Parmesan cheese

Method:

If cooking the black beans from dried, at the end of cooking, cool the beans in the cooking liquid, salt and taste the beans, it's the last opportunity to season the beans while they're hot. Drain the beans and spread out on a sheet pan or cookie sheet. Drizzle 1 T of vinegar and 1 T of olive oil. Toss and cool in refrigerator if possible, otherwise cool on kitchen counter.

Bring a small pot of water to boil over high heat with salt; it should taste like the ocean. While waiting, prepare a medium bowl with iced water. When the water comes to a boil, lower the green beans into the boiling water and bring back to a boil and lower heat. Blanch the beans for 1 ½ - 2 minutes until tender to your liking. Drain the beans well and add to the ice water which holds the color and stops the cooking process. When the green beans have cooled, drain well (give them a pat with a clean kitchen towel or paper towel).

In the meantime, slice the cucumber halves (seeded as necessary) into 3-5 long slices, then cut into small cubes about ½ inch pieces, about the size of the black beans. Place into a non-reactive bowl (stainless, ceramic or glass). Add the corn kernels and well drained green beans to the bowl. Season with ½ tsp of salt and a few grinds of black pepper (1/4 tsp). Toss together.

Add black beans and together gently and add 2 T of vinegar and 2 T of olive oil and toss again gently. Let it sit for 15-20 minutes so flavors infuse. Add the tomatoes, and any of the optional ingredients: basil mozzarella or Parmesan cheese. Toss together and taste, adjust with salt, pepper, vinegar or olive oil



Rip n Dip Hummus

1 Qt. Hummus, use store-bought hummus or make your own!

1 - 2 T Rip n Dip's "Keep Em Cumin Back" flavor

Method:

In a bowl, mix together the hummus and 1 T. of Rip N Dip seasoning mix and stir together well. If using a store-bought hummus, taste and adjust salt and consistency with additional water or olive oil.

***Home-made Hummus**

3 C cooked Garbanzo beans (chick peas), either cooked from dry (about 1 1/2 C dry) or canned, rinsed well and drained. If cooking garbanzos from dry, skim the foam when the garbanzos come to a boil, then add 1 bay leaf and 3 cloves of garlic, unpeeled in their papers, and cook until tender but not yet mushy. When garbanzos are cooked, drain and reserve 1/2 C bean cooking water, discard bay leaf and squeeze garlic from their papers into the garbanzos.

1/4 C Tahini (sesame paste)

Zest and juice of 1 lemon (about 3 T of juice)

1/4 tsp Ground cumin

1 – 1 1/2 tsp Salt

5-6 grinds of black pepper (fine)

1/2 C water or water reserved from cooking garbanzos

Method:

Place garbanzo beans and garlic in a food processor and process to a rough paste. Add tahini, lemon zest, lemon juice, cumin, 1 tsp of salt, black pepper, and 1/4 C of bean cooking water or water (if using canned) and process until smooth. Taste and adjust salt and lemon juice as needed. Refrigerate until ready to use.