



Black Bean Tacos With Corn Salsa

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by Kerri Conan

Where's the beef? Who cares? The spiced beans in these festive folds contain fiber, a blood sugar regulator that fends off cravings, as well as protein, which builds lean muscle. Satisfied taste buds and a trimmer you—check and check!

Yield: Makes 4 servings

ingredients

Olive oil cooking spray
2 cloves garlic
2 1/2 cups canned black beans, rinsed and drained
1/4 cup rolled oats
1/4 cup cornmeal
1 tablespoon chili powder
1 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
8 small corn tortillas
1 cup corn, thawed if frozen
1 medium red bell pepper, chopped
1 small green chile, diced
2 scallions, chopped
Juice of 2 limes
1/4 cup chopped fresh cilantro

preparation

Heat oven to 400°F. Coat a baking sheet with cooking spray. In a food processor, chop garlic. Add beans, oats, cornmeal, chili powder, 3/4 teaspoon salt and 1/4 teaspoon black pepper; process, stopping once or twice to scrape down sides, until mixture is combined, 1 minute. Crumble bean mixture with hands, sprinkle on prepared sheet, and coat with cooking spray. Bake until firm and crisp on bottom, 10 to 15 minutes. Use a spoon to break up pieces, coat with cooking spray, and bake until crisp all over, 10 to 15 minutes. Stack tortillas and wrap in foil; warm in oven 5 minutes. In a bowl, combine corn, bell pepper, chile, scallions and remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper; sprinkle with lime juice. Divide bean crumble among tortillas; top with corn salsa and cilantro.

nutritional information

Per serving: 321 calories, 3 g fat, 0 g saturated fat, 60 g carbohydrates, 13 g fiber, 14 g protein
Nutritional analysis provided by Self

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