



Nutrition Tidbits

- **Canned beans are equal in nutrition to dried beans. Both types of beans are generally good sources of dietary fiber, protein (healthy hair, nails, skin and muscles) and B Vitamins (healthy cells)**
- **Frozen produce is generally more nutritious than their canned counterparts since the produce is usually frozen shortly after harvesting.**
- **In addition to adding flavor to our salad, cilantro is an excellent source of Vitamin A (healthy eyes, healthy growth) and Vitamin K (supports wound healing, healthy heart, healthy bones)**



Kitchen Hacks

- **When slicing or mincing garlic, allow it to rest for at least 10 minutes before adding to heat. This will allow you to preserve the antibacterial properties of the vegetable.**
- **Make sure to rinse your canned beans thoroughly to remove excess sodium (salt) from the canning liquid.**
- **If you'd like to try making your own homemade stock, reserve and freeze the skins from your onions and garlic, and your vegetable trimmings in a freezer-safe bag. Use for stock within three months.**



Juicy Chef Words

- **Mince**: to cut or chop into very small pieces
- **Pith**: the white, spongy and bitter layer found inside bell peppers, or in between the flesh and the peel of a citrus fruit
- **Emulsifier**: an ingredient that helps combine two separate liquids that don't mix well (e.g. vinegar and oil) into a uniform mixture
- **Chiffonade**: a cutting technique for green leafy vegetables and herbs into long, thin ribbons or strips



Kitchen Pharmacy.

- **Alliums: vegetables in this family, particularly onions and garlic, contain antibacterial and antiviral properties**
- **Cumin: cumin is a rich source of antioxidants, and also aides digestion by increasing our body's release of digestive enzymes**
- **Chili powder: in addition to supporting digestion, chili powder is a source of capsaicin -- a compound that helps to relieve inflammation particularly around joints**



Today's episode is focused on preparing a tasty and colorful Black Bean and Corn Salad. This simple to prepare salad can be served as either a cold or hot salad, and pairs well with a grain to make a one-dish meal.

Be prepared to take a picture or a screenshot of the recipe at the end of the episode!