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).
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!