



FarmFresh

Recipes

February 2015

Available Now...

Beans

Colorado produces a wide range of bean varieties including pinto, light red kidney and black, and the state ranks ninth nationally in dry bean production.



Tips & Nutrition

Beans are fat free, high in fiber, rich in antioxidants and are a good source of protein.

A diet including beans may reduce the risk of heart disease and certain cancers.



Fresh Inspirations...

Colorado Pinto Bean, Corn and Bacon Salsa

Ingredients

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| 5 Ears Sweet Corn | 1 Cup Tomato Sauce |
| 4 Tbsp. Butter, melted | 2 Tsp. Ground Cumin |
| 1 Yellow Onion | 1 Tsp. Chili Powder |
| 3 Red Jalapeño Peppers | 4 Tbsp. Cilantro, chopped, no stems |
| 12 Slices Bacon, cooked, cooled and chopped | Salt |
| 1 Tbsp. Garlic, puree | Ground Black Pepper |
| 1/2 Cup Pinto Beans, soaked, rinsed and par cooked | Lime Juice |
| 1/2 Cup Black Beans, rinsed | |

Directions

Peel the husk back on the corn, do not tear off, and remove the silk. Brush each ear of corn with some melted butter and season with the salt and pepper. Replace the husk on the corn then grill on medium heat until tender. Remove the husk and grill until the corn starts to show grill marks. Remove from the heat and allow to cool. Cook the jalapenos on the grill until well roasted, remove, cool and dice. Split the yellow onion in half, brush with butter and season with salt and pepper. Grill both halves of the onion until well cooked. Remove, cool and dice. Once the corn is cooled, trim the niblets from the ear and place into a large bowl. Add the remaining ingredients, except the bacon, lime juice and cilantro. Mix well and season to taste. Add the lime juice and cilantro and mix well. Add the bacon and mix. Taste and adjust seasoning as needed.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Eggs