

Caribbean Recipes

Caribbean Bean Salad* Serves 4.

4 cups shredded lettuce	1 Tbsp. oil
1/4 cup red onion, chopped	3 Tbsp. vinegar
1 cup canned black beans, drained and rinsed	1 tsp. dried oregano
1 orange, peeled and diced	black pepper and salt, to taste
1 tomato, diced	

1. Toss all ingredients together in a large salad bowl.
2. Serve immediately.

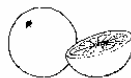
Note: If you are making this salad ahead of time, combine all ingredients except oil and vinegar. Keep salad refrigerated or chilled in covered container. Toss with oil and vinegar just before serving.

NUTRITION FACTS (per serving) - Calories 114 ~ fat 3.5 g ~ calories from fat 35 ~ sodium 207 mg ~ total carbohydrate 17 g ~ fiber 4.5 g

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Island Smoothies* Serves 2.

1 banana, ripe
1/2 cup orange juice
1/2 cup pineapple juice



1. Peel and slice banana. Place in a plastic container or sealable plastic bag. Freeze overnight.
2. Remove the banana from the freezer and thaw it for 10 minutes. Place in a blender with orange and pineapple juices.
3. Blend on high for 3 minutes, or until the drink is smooth. Pour the smoothie into 2 tall cups and sip with a straw.

No blender: Mash banana in a bowl. Combine banana and juices in a jar. Cover tightly and shake for 30 seconds to one minute.

NUTRITION FACTS (per serving) - Calories 130 ~ fat 0 g ~ calories from fat 0 ~ sodium 0 mg ~ total carbohydrate 31 g ~ fiber 2 g

*Recipe adapted from *The Kids Multicultural Cookbook*, Deanna F. Cook, \$12.95, #800-234-8791, Williamson Kids Can!, ©Williamson Publishing Co.



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