

THINGS YOU CAN DO WITH LIME JUICE

- Scrub your hands with lime juice to remove the smells of onion, garlic, etc.
- Use it as a shampoo
- Mix with honey to sooth a sore throat
- Make limeade
- Add it to your water to make it more flavorful
- Make a vinaigrette

BLACK BEANS WITH LIME

INGREDIENTS:

T olive oil
Salt and Pepper
1 tsp chili powder
2 cans of black beans, rinsed and drained
1 T lime juice
2 scallions, white and green parts separated, thinly sliced

1. In a medium saucepan, heat oil over medium. Add white part of scallions, and season with salt and pepper. Cook until softened, about 3 minutes.

2. Add beans, chili powder, and 1/4 cup water. Cook until warmed through, about 5 minutes. Remove from heat, and stir in lime juice; season with salt and pepper. Serve garnished with green part of scallions.

Prep time: 10 minutes Serves 6

Piscataquis Regional Food Center 76 North St./PO Box 264 Dover Foxcroft, ME 04426 <u>www.prfoodcenter.org</u> (207) 802-8230 info@prfoodcenter.org