

Seasoned Black Beans



Serves 3

Ingredients:

- 1 can (15oz) black beans, drained and rinsed
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{4}$ tsp dried oregano
- $\frac{1}{8}$ tsp cayenne pepper
- $\frac{1}{8}$ tsp garlic powder

Procedure:

- Mix all ingredients in a microwave-safe dish.
- Cover and heat in the microwave on high about 1 minute, stirring halfway through cooking time.

Per serving:

- Calories: 103

- Protein: 7 gm

- Carbohydrates: 18 gm

- Fat: 0 gm

Most of the canned black beans are not seasoned and need a little parking up before serving.

This recipe makes a good side dish.