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## **Mixed Bean Bowl with Pita Nachos**

*When hunger strikes, dive into this delicious and spiced lunch. As well as being a top fiber provider, the beans offer a great source of plant protein and phytonutrients.*

The Brain/Vision/Hearing & Balance/Oral Health/Immunity/ Skin & Sensation/The Lungs/Heart & Blood/Gut Health/Urinary Health/Men & Women

### **Serves 2**

#### **Ingredients**

1 tsp cumin seeds  
1 tsp caraway seeds  
1 tbsp olive oil  
1 tsp ground coriander  
1 red onion, chopped  
1 garlic clove, chopped  
4 ripe medium tomatoes, chopped  
1 tsp cider or white wine vinegar  
4 ½ oz (125g) baby spinach leaves  
14oz (400g) mixed beans (any mix of adzuki, cannellini, or borlotti to make the total weight; beans to be rinsed and drained if canned)  
3 whole-wheat pita breads  
cilantro, to garnish

1. Put the cumin and caraway seeds in a large frying pan over medium heat and toast them for 1-2 minutes. When they start to “pop” and become fragrant, quickly add the oil and ground coriander and stir. Cook them for another 30 seconds, then add the chopped onion. Stir to coat it in the fragrant spices and leave everything to cook for another 2-3 minutes, without burning.
2. Next, add in the garlic and cook for another minute, before adding the chopped tomatoes (with their seeds) and the vinegar. Stir, reduce to low heat, then cover and cook gently for 4-5 minutes so that the tomatoes break down and release their juices. Toss in the spinach and stir well, letting the leaves cook for 1-2 minutes so they wilt.
3. Put the beans in a large bowl. Spoon the cooked tomato and spinach mixture over them and stir together gently so that the beans don't break up.
4. Preheat the grill to a high setting. With a sharp knife, slice the pita breads in half through the center, opening them out to make thin ovals. Cut each slice into triangular pieces or strips, and

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place them on a baking sheet. Slide the baking sheet on the hot grill for 2-3 minutes, turning the pitas once during cooking so that they crisp on both sides.

5. Divide the bean mix between two serving bowls, garnish with cilantro, and serve a handful of crisped pita nachos on the side.

**NUTRITION PER SERVING** Calories **510** Total fat **9.2g** Saturated fat **1.3g** Cholesterol **0mg**  
Carbohydrates **89.7g** Dietary fiber **24.9g** Sugars **14.2g** Protein **25.1g** Sodium **388mg**

#### **Smart Swaps:**

- Replace the beans with **chickpeas or lentils**. All legumes are rich in fiber, protein, vitamins, and minerals, and are beneficial for weight control. A review of 21 studies found that eating one serving of legumes a day for six weeks resulted in significant weight loss.
- For a portable packed lunch, swap the pita bread for a large **whole-wheat wrap**. Let the bean mixture cool, then fill the wrap with beans, sprinkle over the cilantro, and wrap up.

#### **Nutrient Know-How:**

Beans and grains together provide all the essential amino acids our bodies need to make new cells (and easily match those provided by animal products). So this lunch is a great vegan choice.

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