

Recipes

Beef Bulgogi

(Serves Four)

- 1 pound flank steak, thinly sliced
- 5 tablespoons soy sauce
- 2 1/2 tablespoons white sugar
- 1/4 cup chopped green onion
- 2 tablespoons minced garlic
- 2 tablespoons sesame seeds
- 2 tablespoons sesame oil
- 1/2 teaspoon ground black pepper



1. Place the beef in a shallow dish. Combine soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil, and ground black pepper in a small bowl. Pour over beef. Cover and refrigerate for at least 1 hour or overnight.
2. Preheat an outdoor grill for high heat, and lightly oil the grate.
3. Quickly grill beef on hot grill until slightly charred and cooked through, 1 to 2 minutes per side.

Prep: 10mins

Cook: 5mins

Ready: 1hr 15mins

Amount Per Serving - Calories: 232 / Total Fat: 13.2g / Cholesterol: 27mg / Sodium: 1157mg / Total Carbs: 12.4g / Dietary

Fiber: 1g / Protein 16.2g

Cold Black Bean Salad

(Serves Five)

- 2 (15-ounce) cans black beans, rinsed and drained
- 2 tomatoes, finely chopped
- 3 serrano chile peppers, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1/4 white wine vinegar
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt



1. In a medium serving bowl, mix together the black beans, tomatoes, chilies, bell pepper, vinegar, oil and salt. Chill for 1 hour before serving.

Prep: 20 mins

Cook: 0 mins

Ready: 20 mins

Amount Per Serving - Calories: 66/ Total Fat: 5.6g / Cholesterol: 0mg / Sodium: 238mg / Total Carbs: 3.6g / Dietary Fiber:1.2g / Protein 0.8g