



*Simple,  
Seasonal,  
Sustainable*

Recipe of the Week

# ***Yucatan Bean and Pumpkin Seed Appetizer***

## **Ingredients**

- 1/4 cup hulled pumpkin seeds (pepitas)
- 1 can (15 1/2 ounces) white beans, rinsed and drained
- 1 tomato, finely chopped
- 1/3 cup white, yellow, or red onion, finely chopped
- 1/3 cup finely chopped cilantro
- 3-4 tablespoons lime juice
- 1/4 teaspoon salt

## **Directions**

1. Toast the pumpkin seeds in a small skillet over medium heat, shaking the pan often, for 3 minutes, or until lightly browned. Transfer to a bowl to cool. Coarsely chop in a food processor or with a sharp knife.
2. In a medium serving bowl, combine the pumpkin seeds, beans, tomatoes, onions, cilantro, lime juice, and salt. Toss to combine.

Serves 8

90 calories, 2 g fat, 12 g carbohydrate, 5 g protein, 80 mg sodium

Source: Oldways

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