

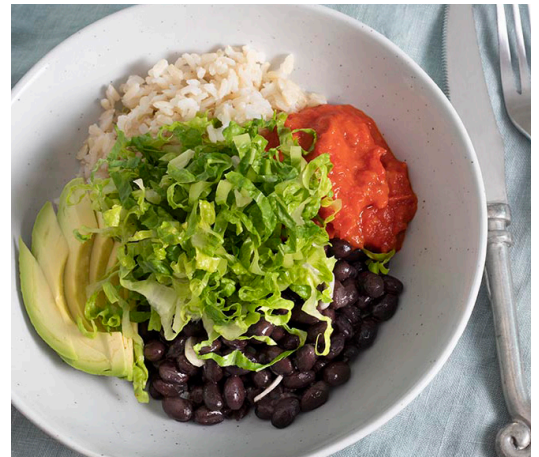
# The Healthy Cook

*Roasting luxuriously ripe late-summer tomatoes before puréeing them yields a rich, tangy salsa that can double as a dynamite taco topping or sandwich spread.*

## Beans & Rice with Roasted Cherry Tomato Salsa

 SERVES 2

- 1 pint cherry tomatoes, halved
- 1 red bell pepper, seeded and chopped
- 1 jalapeño or serrano pepper, seeded and chopped (optional)
- 2 Tbs. + 1 Tbs. extra-virgin olive oil
- ¼ tsp. + ¼ tsp. kosher salt
- 1 clove garlic, sliced  
a pinch of dried oregano
- 1 cup no-salt-added black beans with their liquid
- 1 cup cooked brown rice
- ½ avocado, sliced
- 2 cups shredded romaine



1. Preheat the oven to 425°F. On a rimmed baking pan, toss the tomatoes, bell pepper, and jalapeño (if using) with 2 Tbs. oil. Season with ¼ tsp. salt. Roast until tender and charred in spots, 15–20 minutes. Transfer to a food processor and purée into a salsa.
2. In a medium pan, heat the remaining 1 Tbs. oil over medium heat until shimmering. Sauté the garlic and oregano until fragrant, about 1 minute. Add the black beans with their liquid and bring to a simmer. Season with the remaining ¼ tsp. salt.
3. Divide the beans and rice into 2 bowls. Top with the salsa, avocado, and romaine.

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PER SERVING (2 cups): calories 510 | total fat 28 g | sat fat 4 g | carbs 56 g  
fiber 14 g | total sugar 7 g | added sugar 0 g | protein 13 g | sodium 510 mg