Weeknight Two-Bean Chili

4 servings

Ingredients:
- 1 tablespoon vegetable oil
- 1 small jalapeno, minced
- 1 small red onion, finely diced
- 2 teaspoons red wine vinegar
- 1 large clove, garlic, minced
- 1 ¼ cups low-sodium vegetable or chicken broth
- 1 cup canned crushed roasted tomatoes
- 1 ½ tablespoons chili powder
- ¼ teaspoon Chinese five-spice powder or ground cinnamon, optional
- 2 15-ounce cans of beans, rinsed and drained

Directions:
1. Heat the oil in a large saucepan over medium-high heat. Add the jalapenos, onions and vinegar and cook, stirring until softened.
2. Add the garlic and cook about 30 seconds.
3. Stir in the broth, tomatoes, chili powder and five-spice powder or cinnamon (if desired) and increase the heat to high.
4. Bring to a full boil and cook for 1 minute.
5. Stir in the beans and return to a full boil.
6. Reduce the heat to medium and simmer until just slightly thickened but still soupy.
Spelt Wheat, Pear and Watercress Salad

Ingredients:
- Kosher salt
- 1 cup spelt (whole-wheat berries)
- 1 lemon, juiced (about ¼ cup)
- 2 firm, but ripe eating pears such as Anjou, Bartlett or Cornice, cored
- ¼ bulb fennel
- 2 bunches watercress, stems trimmed (about 6 cups)
- 3 tablespoons extra-olive oil
- Freshly grated black pepper
- 2-3 ounce piece Gruyere or aged Gouda

Directions:
1. Bring a generously salted medium saucepan of water to a boil.
2. Add the spelt and return to a boil. Adjust the heat to maintain a simmer. Cover and cook until the berries are tender but not mushy (about 15 to 20 minutes).
3. Drain and set aside.
4. Put the lemon juice in medium bowl. Thinly slice the pears and fennel lengthwise, with a mandolin into the bowl. Toss with the lemon juice.
5. Add the spelt berries, watercress and olive oil and toss to dress evenly.
6. Season with salt and pepper.
7. Divide salad among 4 plates and shave the Gruyere or Gouda cheese (using a vegetable peeler) over each plate to serve.
Black Bean Salsa

Ingredients:
- 2 15-ounce cans black beans, rinsed and drained
- 1 17-ounce package frozen whole kernel corn, thawed
- 2 large tomatoes, seeded and diced
- 1 large avocado, peeled and diced
- 1 small onion, diced
- ⅛ to ¼ cup chopped fresh cilantro leaves
- 2 tablespoons lime juice
- 1 tablespoon red wine vinegar
- Salt and pepper

Directions:
1. Mix all ingredients thoroughly in a large bowl.
2. Cover and chill overnight.
3. Taste and add salt, pepper or more lime juice as necessary.
4. Serve with tortilla chips as an appetizer or with grilled chicken breast as a meal.