

# Southwestern Slaw with Black Bean Hummus

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## Southwestern Slaw

*Yield: ½ cup recipes*

- 1/2 head of Cabbage, chopped
- 1 red bell pepper, sliced thin
- 2 med carrots, shredded
- ½ cup chopped Cilantro
- 1/4 cup Fat-Free/Low Fat Yogurt
- 2 TBL Apple Cider Vinegar
- 2 tsp. Sugar

## Directions

1. Mix yogurt, vinegar and sugar in small bowl. Set aside.
  2. In a medium bowl, combine all prepared vegetables, add dressing and toss gently.
  3. Let set refrigerated for 15 minutes and serve chilled.
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## Black Bean Hummus

*Yield: 4 Servings, 4 TBSP*

- 1 can of black beans (low sodium)
- 1 clove garlic, minced
- 1 tsp. cumin
- 1 tsp. chopped jalapeno
- 2 whole pitas cut into 8 wedges

## Directions

1. Rinse beans in colander to decrease sodium content.
2. Place beans in a large bowl, gradually “mash” with a spoon or fork until become a chunky texture.
3. Mix in garlic, spices.
4. Cut pita into 4 wedges. Spread 2 tbsp. of hummus on each wedge. Top with Cole slaw.