

Saffron Black Beans

15 oz can black beans, no salt added
½ tsp saffron threads
¼ tsp sea salt
1 ½ cup shredded carrots
¼ cup toasted slivered almonds, toasted

Pour entire can of beans into small pot. Add saffron, salt, and carrots. Cook on stovetop for about 8 minutes on low-medium heat. Remove from heat and stir in almonds.

Serves 4. One serving=1/2 cup

**Calories 140 Fat 3.5g Sat Fat 0g Carbohydrate 20g Dietary Fiber 7g Protein 8g
Sodium 160mg**