

Juliet “JuJu” Harris’ passion for the connection between health and food was sparked when she saw her father successfully manage high blood pressure, high cholesterol, obesity, and borderline diabetes through diet and exercise. A self-taught cook and organic gardener, JuJu knows first-hand that it is possible to easily and inexpensively prepare delicious, healthy food, as she once received food assistance benefits of WIC and SNAP. Juju teaches community cooking classes, with a special focus on eating well on a budget and post-partum nutrition and care.

Juju’s book, [Healthy and Homemade: Eating Well On A Budget](#), will be self-published in 2017. Check www.nanajurocksfood.com for info.

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Black Bean Salad

Serves 6

2 cans black beans, rinsed and drained
2 cans corn, rinsed and drained
1 cup cilantro, finely chopped
1 red or orange bell pepper, finely diced
1 small red onion, finely diced
2 whole tomatoes, finely diced
1/2 fresh jalapeno or 1 pickled jalapeno, finely diced
1 cup olive oil
1/4- 1/2 cup apple cider vinegar
Salt and pepper and squeeze of lime to taste

Mix everything together, and let chill for at least 30 minutes. Serve with tortilla or plantain chips. This is also delicious with the addition of cooked shrimp, roasted chicken or shredded cheese.

Substitutions: black eyed peas or navy beans for black beans, basil for cilantro