

PRESIDENT'S LETTER



At each rally I attend and with each Airstreamer I meet, I am more and more impressed with the community we build together. A couple weeks ago we attended our first regional rally and let me tell you – our regional leadership team did a bang-up job of executing the **Come and Take It Region 9 Rally** in Gonzales, Texas! I most enjoyed the Painted Churches, and the spectacular display of bluebonnets, Indian

paintbrush, and other flora in this beautiful part of Texas. Check our Region 9 <u>website</u> for photos. I also want to thank the numerous volunteers from our club and others that helped with everything from setting coffee timers to driving golf carts to leading groups to the different events offered. You have probably heard by now that our region gave generously to **Team Red White and Blue** – see article below for details!

During the business meeting, Nancy discussed a motion regarding the Big Red Numbers (BRN), which attempts to bring the display of BRNs in Policy 16.6.10 into alignment with current practices. The motion acknowledges that not everyone wants to permanently display their BRN on their Airstream and that alternatives exist.

The current Policy states: The display of Airstream Numbers is required during club activities to assist with the identification and location of club members for logistics and safety (e.g., first responder) considerations.

The proposed motion will change the policy to state: The display of the Big Red Numbers (BRN) is encouraged for participation in Club activities to assist with the identification, location, logistics, parking, communications, and some safety considerations. When the BRN is required for participation, the activity organizer shall inform the participants in advance and at registration. All methods for displaying BRNs, when required, should be visible and clear to read as described on the "all-about BRN" Club webpage.

NTXAC OFFICERS

President Jennifer Dice

1st Vice President Arnold Terkel

Past President David Brandon

Treasurer Lynne Mack

Secretary Anna Brandon

COMMITTEE CHAIRS

Membership Tom Jensen

Newsletter Allana Patterson

Rallies Maribeth Pappas

Webmaster Dan Brockway

For security purposes, we do not publish contact information. Please refer to your membership directory.

The opinions expressed at the Rally focused on the verb "required" versus "encouraged" with most preferring that the motion be rejected, and the policy remains the same. Nancy will take this vote forward to the May International Board of Trustees (IBT) meeting on your behalf. Should you wish to voice an opinion, I am happy to convey it to our leadership team.

In other news – have you seen the **robust** list of <u>Executive Council Candidates</u>? We have some exceptionally well-qualified people who have expressed an interest in serving YOU and contributing to our Club. As your Club President, I encourage you to set aside time to read each statement and determine who you think will make a positive impact on the future of our Club. More information about voting is forthcoming in the days and weeks ahead.

Last item – I truly cannot wait to camp with all of you again! I feel like it has been a long time since we last saw each other and I'm looking forward to The Boulders at Lake Tyler based solely on Maribeth's (Pappas) enthusiasm for the park. There is updated information in this newsletter, and two (2) open spots still available, so please scroll down and review the itinerary. After that we have Jack (Clyne) hosting at Pilot Knoll. Speaking of Jack...check out the <u>video</u> he made for a Fall event he has been planning. More details to come...

Jennifer Dice BRN 30301



FROM THE EDITOR

I am looking out my window at the Airstream in the back yard. It has been sitting there for a while and screams "take me somewhere". So, we will be taking her to Tyler in a couple of

weeks. The UIL play contest season is over for me, so I am breathing again, but still working. I practice my clarinet regularly and we are getting our plans together for our long summer trip, which will include a week of band camp before the week of International in Rock Springs in June, and Pot Latch in Oregon in August. Still figuring out where we will go in between in July, somewhere north to Calgary and British Columbia, then Washington. Before that we are leaving on May 5, for a long-awaited trip to Vancouver Island on a small boat cruise (12 passengers). We have been looking forward to this since we booked it in 2019! Hence, the newsletters will be few after May. I am looking forward to having someone take on this task, as I don't have the creative spark for it after almost 4 years. Well, by the time you read this...I should be organizing Saturday night's dinner at the Boulders. Hope to see you there, or down the road.

Allana Patterson BRN 12194

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NEW MEMBERS SPOTLIGHT

Joined in February

John and Christine Rathbone 2017 Flying Cloud 25'

Burleson, TX

Lori and Greg Satterwhite 2005 Bambi 22' Fairview, TX Elizabeth Therezo 2019 Flying Cloud 26' Roanoke, TX Thomas and Stephanie Krauser 2023 Pottery Barn 28' Allen, TX

Joined in March

Sam and Lynne Butler 1987 Sovereign 22

Granbury, TX

Kenton and Sandra Wheeler 2007 Safari 21' Arlington, TX Toni and Lloyd (Skip) Jenkins 2019 International Serenity 25'

Frisco, TX

Paul and Deborah Cantwell 2023 Flying Cloud 28' Duncanville, TX

New Affiliate members

Kristin Jameson 1973 International 27' Oklahoma Airstream Club Oklahoma City, OK Millie O'Donnell 2019 Basecamp 16' Southeastern Camping Unit

Hillsboro, TX

2023 Upcoming Rallies at a Glance

April 21-23 The Boulders at Lake Tyler
May 19-21 Pilot Knoll on Lake Dallas

June 24-30 66th International Rally, Rock Springs, WY September 15-17 Twin Coves Park, Flower Mound, TX

October 26-29 LBJ Grasslands, Decatur, TX

November 17-19 The Range Vintage Trailer Resort, Bristol, TX

December 1-3 The Vineyards, Grapevine, TX

Click https://airstreamclub.org/north-texas for information on future rallies

Elizabeth Therezo BRN 01730

My name is Elizabeth, and I am a new Member! I have a 2019 26' RBT. I have always wanted an Airstream ever since I saw one when I was 8 years old. I remember climbing up into the "camper" and seeing the BIG U-SHAPED DINETTE!! (I was little back then LOL!). I knew that someday I would have one! My Mom and Dad loved to travel on the road. I am just carrying on the tradition!

I spent most of my adult life in Las Vegas and moved to Texas 14 years ago for work.

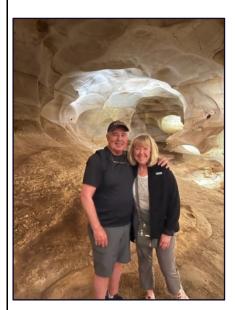


I go back home to Vegas twice a year to see the people who mean the world to me. I stay for a month and work remotely with my traveling companions: Moose, the retired competition Field Golden Retriever and Sassy, the rescued Wiener Dog who is the BOSS. I am looking forward to meeting new friends who love the outdoors and share the love of the airplane fuselage known as Airstream.









Skip and Toni Jenkins BRN 24954

Skip and Toni Jenkins drove to St. Augustine, FL in January to pick up their 2019 International Serenity. They are first-time RVers looking forward to having Airstream adventures. Skip is a semi (mostly) retired CPA and Toni is a retired community college administrator. They live in Frisco, TX close to their kids and grandchildren.



Kenton and Sandra Wheeler BRN 05673

Ken and Sandy Wheeler met in 1983 and were married in Orange County, California living in Huntington Beach and San Juan Capistrano before moving to Arlington, Texas in 1990. We have two sons, Matthew and Trenton and one daughter, Kristin. We also have 6 grandchildren. Sandy is retired from the Mansfield School District and Ken works for the Boeing Company and a veteran of the United States Marine Corps. Our passion is in our faith, visiting our children and grandchildren and spending time with friends. Sandy loves the beach and Ken loves the mountains and we both enjoy making camping memories. We love to attend music concerts and Native American pow-wows.





Sandy enjoys gardening and Ken enjoys playing guitar. We love camping in our 2007 Safari 23 SE with friends in the great state of Texas and with family in Tennessee and Arkansas. We hope to camp in the gulf beaches of Alabama and Florida, Crested Butte, Colorado on the way to national parks in Utah and Big Bend and Marfa in Texas.

NEWS YOU CAN USE

Birthdays and Anniversaries



Amy Terkel	3/2	Dennis Thomas	4/4
Steve Horstman	3/15	Denis Walker	4-15
Michelle Toney	3/19	Sue Arneson	4/18
Lauris Higgins	3/30		

Happy Anniversary

Amy and Chris Hanus	4/7/01	
Chet and Sherry Beyer	4/11/92	
Rick and Carol Lowther	3/15/75	
Doug and Ashley Robbins	3/10/21	

A spreadsheet will be at rallies trying to collect dates for our members. If you have a special date or event you want in the newsletter, please email airstream099leadership@gmail.com with your dates.

THE NEWSLETTER NEEDS YOU TO CONTRIBUTE!

Share your Airstream story with the North Texas Airstream Club! We would love to feature your unique trailer or travel adventures in the Newsletter to inspire others to chase the Airstream dream. **Tell us what you are up to (keep it PG)!** Photo Guidelines: When submitting a photo please send them to allanapat@msn.com

Feel free to tell us about yourself, the places you have traveled, and your favorite memories in your Airstream too! Specs: Any photo taken on your phone will work! However, be sure to send the attachments as a png or jpeg. Examples:

- Images with your Airstream in a campsite
- Images of your favorite activities with your Airstream (lounging in a campsite, fishing, canoeing, skiing, etc....)
- Images with your Airstream in a scenic location
- Images of cooking in your Airstream or generally using kitchen supplies
- Images of people enjoying the dining and lounge area (eating, reading, enjoying a game, etc.)

SWAG INFO



NEW members from November 2021 and after will be given a free t-shirt- when they attend a rally/meeting. If you would like to buy a t-shirt send your order to Anna Brandon and she will put them aside to give you at your next rally (including international). In the meantime, for those that want extra special clothing with our club logo embroidered- you may order from Land's End.

If you want a personalized garden flag, email <u>Airstream099Leadership@gmail.com</u> and when we get a large enough order, an order will be placed.

Arnold Terkel is looking into a storefront that will enable us to order on our own! More info soon!

SWAP IT/SELL IT

New feature - each newsletter we will post items our membership has for sale or swap. *If you have an item that you want to find, trade, or sell - send it to_airstream099leadership@gmail.com.*



FIAMMA Bicycle Rack for Airstream travel trailers. Developed by and for Airstream to fit our iconic trailers. Retails for \$545, new. After a few years of wonderful use, we have upgraded our two bicycles to powered e-bikes. This required a heavy-duty rack to carry their additional weight.

Designed for ease of installation to any Airstream trailer with the Storage

Rear Bumper feature. Width is adjustable to fit, bike weight is carried by the bumper/trailer frame. Access to the bumper storage is preserved. Selling complete with all mounting hardware, including up-graded

brace clips. **Available now for only \$250**. Take your bikes with you this summer to all the caravans, rallies, and the International in Wyoming! If interested, more photos are available. Contact Tom Jensen (BRN 12194) at tomjensen@msn.com or 817-329-3090. Live Riveted!



MEETING MINUTES

There has not been a NTxAC meeting since January. There will be one on April 21 at The Boulders at Lake Tyler: 9:00 AM. Come and join us!

FEATURED ARTICLE

Baking Cookies in Your Convection/Microwave Oven From *Airstream Life* blog

Many new Airstreamers opt for the convection microwave instead of a traditional oven when they buy their Airstream. But although most people use the microwave a lot during travel, few use the convection oven. In fact, we're often asked, how does the convection microwave work, and what can we cook in it?

I asked these same questions when we bought our new Airstream last summer. I've had home ovens with a convection setting and never figured out how to use them. So, truth be told, I only used our Airstream's convection microwave as a microwave. That is, until a few months ago - when I tracked down the instruction manual and



decided to figure it out for myself. I then tested the instructions by baking an American classic in our Airstream kitchen: Nestle toll house chocolate chip cookies.

What I learned is that using the convection oven is WAY easier than I thought. The instruction guide made it more complicated than it needed to be. Honestly, you must do a tiny bit of math to modify the cooking time, then push a few buttons. I hope it inspires you to try your convection oven - and bake chocolate chip cookies on your next trip. Microwave vs. convection cooking: what's the difference?

A microwave oven produces microwaves that are reflected within the metal interior of the oven and absorbed by the food you put inside. When the microwaves are absorbed, they cause water molecules inside the food to vibrate and produce heat, which cooks the food. A convection oven uses a heating element to raise the temperature of the air inside the oven. A fan in the oven circulates the heated air up, over, and around the food, cooking it from all sides. That's one reason why a convection oven browns the outside of food, and a microwave oven doesn't.

Convection technology has another characteristic: it cooks food approximately 25% faster than a conventional oven. That means you'll need to adjust all recipes to a shorter cooking time than they call for. The convection microwave that came with your Airstream contains both technologies - so you have the best of both worlds.

Here's how to use the convection oven to bake chocolate chip cookies.



1. Make the cookie dough before your trip. Lugging a mixer and ingredients with you in the Airstream takes up space. It's easier to make the dough ahead of time and have it ready in the frig when you're ready to bake. I used the Nestle toll house cookie recipe for this example, shaping the dough into logs for easy storage and transport in your Airstream refrigerator or freezer. The dough log is a trick I learned from my mom, and I do it at home all the time. Simply make a batch of dough, separate it into about four dough logs, wrap them in plastic wrap, and store them in the freezer. When you crave fresh baked cookies slice 6-8 off the log and bake them.

2. Take the round, metal tray that come with the convection microwave, on your trip. This tray has a rubber backing, which keeps it securely on the turntable as it turns. It's also the right shape and size for the oven and won't impede the turntable's movement. The turntable must be able to turn freely during cooking, or your cookies and other foods won't bake correctly.

UPDATE: After originally posting this blog, we learned that the manufacturer (CONTOURE) provided this round metal tray along with each microwave for a limited time. So, your Airstream may or may not have come with this tray. If yours didn't, <u>contact CONTOURE</u> about how to get one. (Added note from Allana- I use a regular small baking pans in my convection because I did not get a pan, only a round metal shelf, which I use under or put food directly on)

3. When you're ready to bake on the road, take a dough log out of your Airstream frig or freezer and let it warm a bit.

For best baking results, you want the dough to be slightly cool - not warm - but not too cold.

Here's how:

Push the CONVECTION button to turn on the convection oven feature. Push the button that corresponds with the oven temperature in your recipe. In the case of chocolate chip cookies, that's 375. You'll see the oven temperatures in smaller font, underneath the number keys. ("8" is the 375 degrees button.) Push the Start/+30 seconds' button. The display will show the baking temperature (in my case, 375), along with a progress bar underneath. The progress bar grows to the right, indicating pre-heating. When pre-heating is complete, the oven will beep, and the temperature will flash. This indicates you can open the door and put your cookies in, then set the timer for baking them. TIP: Let the oven pre-heat completely. If you don't, you won't be able to set the baking timer.

PRE-HEAT the convection oven, just as you would pre-heat your oven at home.

4. While the oven is preheating:

Slice or pull off chunks of the dough log, and put them onto the round, metal tray. I use about a heaping teaspoon size. The tray is non-stick, so you don't need

shortening/baking spray. One less thing to take with you. Convert the baking time from your recipe into a convection cooking time. Remember, you need to cook food for about 25% less time in the convection oven. My cookie recipe called for 9 minutes of baking time. So, I set the timer for 7 minutes.

5. After pre-heating is complete, the oven beeps, and the temperature number flashes.

Open the door and put the cookies inside.

Push the numbers that correspond to convection baking time. For my 7 minutes, I entered 7-0-0.

Push the Start/+30 seconds button.

6. When the oven beeps, it's cookie time!

Our cookies turn out slightly brown on the edges and a bit gooey inside - just like we like them. We baked a second batch about 45 seconds longer for an even browner finish. Both tasted delicious.







TO BAKE SUBSEQUENT BATCHES: Follow steps 3 - 5 again. You'll notice that after having baked the first batch the oven stays quite warm – which reduces the amount of time the oven takes to "preheat."

Troubleshooting Tips

If the cookies are underbaked - This happened to me only once. I closed the door, repeated the pre-heat steps, and left them in for about another minute. They were perfect.

If the cookies are overbaked - This never happened to me (so far). My guess is there was too much time set on the timer. Redo your math, ensuring you baked them at 25% less cooking time than the conventional oven recipe. If they are still overbaked, reduce the number of minutes, and try again.

Now that I realize how easy it is to bake in the Airstream, I plan to do more of it. Next up: roasted root vegetables with garlic and rosemary (I call that dish Root-a-bake-a). Rich and I are also eager to try the Air Fry setting. Onion rings on the road, anyone...?

PICTURE OF THE MONTH



Painted Churches tour 2023

UPCOMING RALLIES

The Boulders at Lake Tyler

When: April 21 – 23
Where: Whitehouse, TX
Rally with East TX AC

The Boulders at Lake Tyler Rally with East Texas Lake Unit

We look forward to seeing everyone at this amazing RV resort! We have almost 30 rigs signed up with two spots available. Call/text Maribeth Pappas right away for details 214-566-1210.

Friday, April 21 12:00 (noon) - Check in time

5:30 Meet on the Event Center's waterfront wood deck for pizza. socializing and games. We have reserved the deck for the entire night to hang out and there is seating for everyone. Rally Hosts Maribeth and Jeff Pappas are treating everyone to popular Bruno's Pizza, Tyler's favorites pizza joint since 1976. Please bring your individual cooler to the deck with your choice of BYOB beverages.

Saturday, April 22 - We have the Event Center building reserved all day and night.

8:30am Continental Breakfast in the Event Center – pastries, muffins, fruit, and coffee

9:00-10:00am North Texas Airstream Club Monthly Meeting

10:00am-3:30pm Hang around in the Event Center and visit or enjoy the amenities of The Boulders or a local attraction.

- Enjoy The Boulders- Swim, rent a pontoon or kayak to enjoy on Lake Tyler, rent bikes or fish at covered Fishing Barge, The Boulders' phone number for rentals is 903-268-5880.
- Stanley's Famous Pit BBQ is 20 minutes away. Voted one of Texas Monthly's 50 BBQ Joints in Texas and it is so good! https://www.stanleysfamous.com
- Kiepersol Vineyard and Winery is 25 minutes away. https://www.kiepersol.com/winery
- Cherokee Trace Drive Thru Safari Park is 45 minutes away. Allow at least 2 hours to drive through the park. http://www.cherokeetrace.com
- **3:30pm** 1st Annual Streamies Pool and Shuffleboard Tournament. The Event Center has a beautiful pool table and shuffleboard table for our Tournament of Champions! The winners will receive a cool Streamies Trophy. Play or hang out and watch the fun!
- **6:00pm** Mexican Buffet Potluck Dinner (club is providing chicken, barbacoa, and beef)— sign-up sheet will be sent out via email to register the side items you will bring,
- **7:00-10:00pm** Enjoy the beautiful Event Center for the evening. We will enjoy the gorgeous sunset over the lake. BYOB coolers will be left on deck outside.

Sunday, April 23

8:30am Coffee and donuts to say our goodbyes



Pilot Knoll on Lake Dallas

When: May 19-21, 2023

This will be the second time our Club enjoys camping on the lovely shores of Lake Dallas. Our excellent Rally Host, Jack Clyne has a fabulous event planned. All our reserved sites are full. The schedule details will be sent out in the next few weeks.

Twin Coves on Lake Grapevine

When: Sept 15- Sept 17, 2023

This is our first Rally at Twin Coves on the fabulous north shore of Lake Grapevine. It is GrapeFest weekend in downtown Grapevine (just 20 minutes away) so it is a perfect

weekend to have fun! We have reserved all the RV sites in the RV park. All are full hook ups except for 2 sites.

There are 13 sites still available in our reserved block and must be reserved by May 1, 2023, or they will be released to the public. Don't miss out!

RESERVATIONS- Do not book online.

Please contact the Twin Coves office at 972-874-6399 and tell them our Rally permit is #23076.

As the group calls in for payment, they will create an account for each member and move that reservation to their account and off Maribeth's Twin Coves account.

Discounted Rates- Twin Coves is offering our group a 10% discount on RV sites.

Deadline to Book- All our Rally sites must be booked by May 1, 2023.

Cancellation Policy- Cancellations are subject to a minimum \$25.00 cancellation fee.

Cancellations made within 14 days of scheduled check-in are subject to a penalty.

Region 9 Rally Gonzales, Texas

The "Come and Stream It" Annual Region 9 Rally in Gonzales, TX, March 28-April 2nd was a huge success. A total of 112 rigs attended, more than double our attendance last year. Of these, more than 20% were North Texas Airstream Club members and affiliate members, so we were well represented! Some of us started off the week with dinner in Hillsboro on Monday night, then a caravan (12 rigs total) to Gonzales so that we could all be parked together.

The rally kicked off Tuesday evening with fine Texas barbecue from the Baker Boys in Gonzales, a brief opening ceremony where our president, Jen Dice, presented our flag, followed by a local DJ playing a mix of classic rock and roll and country music.



Wednesday was our "Gonzales" day—a tour of the local "Come and Take It" museum preceded by a historical talk on how the cannon was used in defending the Alamo and how it came to rest in Gonzales. Some of us toured historical homes in the area that were opened to us, while others toured the downtown square shopping. That evening, the Gonzales Chamber

of Commerce hosted an evening Social Hour at the historic Edwards High School, a school built in 1914 to serve the African American children of Gonzales. The centerpiece of this event (outside the numerous Gonzales residents who stopped by to introduce themselves and visit with us) was a beautiful lamella vaulted ceiling style. That evening, our club and the Heart of Texas Camping Unit sponsored a sandwich/salad bar with all proceeds going to the Team Red, White, and Blue non-profit providing physical and mental health resources for our veterans. The \$170 raised this evening, along with the \$315 donated by our club (\$15 for each rig in attendance) helped compose the \$3000 total raised at this event for the charity.

Thursday, even though the weather was a little murky, some left to golf, some left to kayak, some toured The Quilted Skein and the Texas Quilt Museum in La Grange, and some stayed behind to enjoy games facilitated by our member Sue McLaughlin. That evening, a lot of fun was had with the annual Chili Cook-Off—we had 22 entries this year and our own Dan Dice took home the award for the "Spiciest" Chili. We ended the day listening to the inspiring Kathryn Clark Childers,

one of the first five women hired to be a special agent in the US Secret Service and author of the book, <u>Scared Fearless</u>. She had us mesmerized with stories of protecting the families of US presidents and international guests, then chatted personally while she autographed copies of her book.









Friday was packed with tours of the Painted Churches located around Schulenberg and the Spoetzl Brewery, home of Shiner Bock, in Shiner, TX Friday was our club's day to sponsor; we want to send a special shout-out to our golf cart drivers (Rita and John Green, Amy and Arnold Terkel, and Carol and Henry Wilkins), our tour group leaders (David and Anna Brandon, Christina and Scott Wayles, Dan and Jennifer Dice, Pam and Dan Brockway, George and Sheryl Mayer, Millie O'Donnell), and our clean-up crew headed by Mike and Debbie Hooker.









Saturday began with the Region's Annual Board Meeting—

our region has had a great year. We have nearly a thousand rigs, nearly two thousand members, and have been able to sponsor two regional special events in the last year (Bartlesville "Airstreams at the Price" and the Galveston Mardi Gras "Streamin' on the Strand.") In addition, we have been able to provide start-up money (to be reimbursed) for the "West of Pecos" caravan that has become a Region-sponsored caravan. On Saturday evening, we had a lovely catered steak dinner, the closing ceremonies, and music by Brian Kalinec, a Houston singer-songwriter.

Here are the upcoming regional events over the next year for you to put down on your calendar:

Region 9 Breakfast to be held in Rock Springs on Monday, June 26th at 8 AM (registration link will be sent out soon) "West of the Pecos" Caravan, waitlist only, October 30th-November 14th 2024 "Streamin" on the Strand" in Galveston, February 1st - 4th (this year will be registration by lottery) 2024 Annual Region 9 Rally in Bandera, May 1- 5th (registration will open in December)

For more pictures of the rally and just to keep up with Region 9 folks, be sure to check the Facebook Page: https://www.facebook.com/groups/2488339441396420

Wally's Workshop - Maintenance Weekend Rally



The first weekend of March, NTxAC hosted the very first "Wally's Workshop," a maintenance weekend focused on three areas: black/grey tanks, general maintenance, and preparing for the camping season with a good wash and wax.

Our vendors included Sue Rasmussen from Royal Flush RV, Jerry Vanloon - a mobile Airstream mechanic, and Alex Bonilla from RV Rescue - all of whom were excellent partners. During the weekend, we also had a presentation from Andy Dunkinson of Heart of Texas Camping (HOTC) on rotors, hitch weight, and how to use a camera scope. North Texas Airstream Community (NTAC) was abuzz with activity all weekend between the 20 attendees and a hamburger cookout with the community that included over 75 participants.

Overall, the rally received high praise from surveys sent afterwards to the attendees, who all felt NTxAC should consider doing a similar "winterizing" rally in the Fall or at least one maintenance rally annually. General comments on improvements were around additional seminars to help new Airstream owners better understand their trailers and how to maintain them.













RECIPE OF THE MONTH

Provided by Jennifer Dice

Southwestern Black Bean Salad

This colorful appetizer, served with chips, is a perfect summer accessory to grilled chicken or fish! Not only does it stimulate the taste buds, but it's also loaded with antioxidants!

Ingredients:

- 15.5 oz can black beans, rinsed and drained
- 9 oz cooked corn, fresh or frozen (thawed if frozen)
- 1 medium tomato, chopped
- 1/3 cup red onion, chopped
- 1 scallion, chopped
- 1 1/2 2 limes, juice of
- 1 tbsp olive oil
- 2 tbsp fresh minced cilantro (or more to taste)
- salt and fresh pepper
- 1 medium Hass avocado, diced
- 1 diced jalapeno (optional)

Preparation:

1. In a small bowl, combine beans, corn, tomato, onion, scallion, cilantro, salt, and pepper. Squeeze fresh lime juice to taste and stir in olive oil. Marinate in the refrigerator 30 minutes. Add avocado just before serving. Makes about 6 1/2 cups.

Nutrition:

Yield: 13 Servings, Serving Size: 1/2 cup

Calories: 79.5Total Fat: 3.5gCholesterol: 0mg

Sodium: 127mg (without the salt)

Carbohydrates: 12g

Fiber: 3gSugar: 1gProtein: 3g