



BLUE ZONES PROJECT

by sharecare

RECIPES

*From the kitchen of:
Blue Zones Project®*





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Costa Rican Casado

CASADO IS A TRADITIONAL MEAL FROM COSTA RICA OFTEN COMBINING RICE, BLACK BEANS, PLANTAINS, SALAD, AND A TORTILLA. THIS SIMPLIFIED VERSION RESULTS IN A HEARTY, COLORFUL MEAL THAT IS STILL FULL OF COSTA RICAN FLAVOR! BLACK BEANS, BROWN RICE AND VEGGIES COME TOGETHER FOR A BALANCED MEAL THAT COVERS ALL YOUR NUTRITIOUS BASICS.

Ingredients

- 1 red onion
- 1 sliced bell pepper
- 3 medium tomatoes
- 1 sliced avocado
- 2 ripe plantains
- 1 cup of rice
- 1 can of jackfruit
- 1 can of black beans

Directions

1. Rice: Cut one slice of red onion and a few slices of bell pepper. In a medium pan, combine rice, water, and the onion and bell pepper slices. Put the heat on medium high to bring it to a boil. Once the rice is boiling, turn the heat to low and simmer until all of the water is absorbed.
2. Jackfruit: Chop two tomatoes and one third of a red onion. Drain one can of jackfruit and use your fingers to shred the jackfruit chunks into smaller pieces. Heat some olive oil over medium heat. Add the chopped red onion and cook for a couple minutes until it starts to soften a bit. Then, add the chopped tomatoes and cook for a minute. Last, add the pulled jackfruit. Season with salt, pepper, and garlic powder to taste.
3. Beans: Heat some olive oil and add one can of drained beans. Season with salt to taste.
4. Plantains: Peel and slice the plantains into stripes. In a medium saucepan, heat coconut oil over medium heat. Once the oil is hot, add plantain stripes. Flip them over when they are golden brown. When done, place plantains onto a plate lined with paper towels to allow excess oil to drain. Alternative: You can bake the plantains in the oven if you prefer.
5. Salad: Slice some tomatoes and avocado for a simple side salad.
6. Plate the rice, beans, jackfruit, plantains, and salad and enjoy!