

# Cooking With Tom

## Easy Almond Bean Salad

By Tom Blair

When Christopher Columbus discovered allspice in Jamaica in 1492, he had no idea this versatile spice would play a roll in cuisine, cosmetics and military history.

Allspice, native to Central and South America, is the only spice in the world grown exclusively in the western hemisphere. Its name is derived from the aroma which is similar to a mixture of cinnamon, cloves, ginger and nutmeg. A variety of dishes using allspice include curry, Cincinnati chili, sausages, desserts and more.

The pungent, sweet bouquet of allspice sounds an exotic note in many contemporary men's toiletries. Marching to a different drummer, soldiers in the Napoleonic War of 1812, put allspice in their boots to soothe and warm their aching feet.

The Easy Almond Bean Salad has no strategic uses, won't work as a hair tonic but will introduce a sweet note to your cuisine.

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### Easy Almond Bean Salad



#### Ingredients:

- 15 oz. can dark red kidney beans
- 14 oz. can cut green beans
- 15 oz. can whole kernel corn
- 4 oz. jar pimientos
- 1/2 cup slivered almonds
- 1/2 cup 100% pure maple syrup
- 1/2 tsp. salt
- 1/4 tsp. allspice



1. Drain beans, corn and pimientos.
  2. Put all ingredients in a large mixing bowl and mix well.
  3. Serve warm or cold.
- Makes approx. 10 (1/2 cup) servings.