

BLACK BEAN AND COUSCOUS SALAD

Yield: 8 Servings | Serving Size: 1/2 cups

Cost/Serving: \$0.35

Ingredients:

1/2 cup broth (chicken or vegetable)

1/2 cup uncooked couscous

1 1/2 Tablespoons vegetable oil

1 teaspoon apple cider vinegar

1/2 teaspoon ground cumin

1 Tablespoon fresh lime juice (optional)

1 (15-ounce) can black beans, drained and rinsed

1/2 onion, minced

1/2 red or green pepper, minced

1/2 cup frozen thawed or canned whole kernel corn

Salt and black pepper to taste

2 Tablespoons chopped fresh cilantro (optional)

Directions:

- 1) Before starting to prepare the recipe:
 - a. Wash red or green pepper and cilantro (if using).
 - b. Wash and juice the lime into a small bowl (if using).
 - c. Drain and rinse the black beans and corn (if using canned corn).
 - d. Collect, mince, and measure all ingredients.
- 2) Bring broth to a boil in a small pot and stir in the couscous.
- 3) Cover the pot and remove it from the heat. Let stand for 5 minutes.
- 4) In a large bowl, whisk together oil, vinegar, cumin, and lime juice (if using).
- 5) Add beans, onion, green pepper, and corn to the vinegar and oil mixture and toss.

Nutrition Facts

8 servings per container

Serving size 1/2 Cup (108g)

Amount Per Serving Calories

150

Odiorios	
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 270mg	6%

^{*}The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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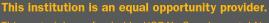


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mix well.

- 7) Add salt and black pepper if desired.
- 8) Add cilantro (if using) and serve.
- 9) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.