Black Bean and Couscous Salad

Makes: 8 servings (½ cup per serving)
Preparation Time: 10 minutes
Cooking Time: 10 minutes

Ingredients
½ cup broth (chicken or vegetable)
½ cup uncooked couscous
1 ½ tablespoons vegetable oil
1 teaspoon apple cider vinegar
½ teaspoon ground cumin
1 tablespoon fresh lime juice (optional)
1 (15 ounce) can black beans, drained and rinsed
½ onion, minced
½ red or green pepper, minced
½ 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.
6. Fluff the couscous well with a fork, breaking up any chunks. Add to beans and vegetables, and mix well.
7. Taste. 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.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/2 Cup (108g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>150</td>
</tr>
<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<td>Sodium</td>
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<tr>
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<tr>
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<tr>
<td>Includes 0g</td>
<td>Added Sugars</td>
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<tr>
<td>Protein</td>
<td>7g</td>
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*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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