

BLACK BEAN AND COUSCOUS SALAD



PREP TIME:
10 minutes

COOK TIME:
10 minutes

SERVES:
8 servings
(½ cup per serving)

INGREDIENTS:

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|--|--|
| ½ cup broth (chicken or vegetable) | 1 (15 ounce) can black beans, drained and rinsed |
| ½ cup uncooked couscous | ½ onion, minced |
| 1 ½ tablespoons vegetable oil | ½ bell pepper, minced |
| 1 teaspoon apple cider vinegar | ½ cup frozen thawed or canned whole kernel corn |
| ½ teaspoon ground cumin | Salt and black pepper to taste |
| 1 tablespoon fresh lime juice (optional) | 2 tablespoons chopped fresh cilantro (optional) |

Nutrition Facts	
8 servings per container	
Serving size	1/2 Cup (108g)
Amount Per Serving	
Calories	150
% 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.	

STEPS:

- Before starting to prepare the recipe:
 - Wash red or green pepper and cilantro (if using).
 - Wash and juice the lime into a small bowl (if using).
 - Drain and rinse the black beans and corn (if using canned corn).
 - Collect, mince, and measure all ingredients.
- Bring broth to a boil in a small pot, and stir in the couscous.
- Cover the pot, and remove it from the heat. Let stand for 5 minutes.
- In a large bowl, whisk together oil, vinegar, cumin, and lime juice (if using).
- Add beans, onion, bell pepper, and corn to the vinegar and oil mixture, and toss.
- Fluff the couscous well with a fork, breaking up any chunks. Add to beans and vegetables, and mix well.
- Taste. Add salt and black pepper if desired.
- Add cilantro (if using) and serve.
- Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

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