BLACK BEAN AND COUSCOUS SALAD

PREP TIME: 10 minutes  
COOK TIME: 10 minutes  
SERVES: 8 servings  
(½ cup per serving)

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)

STEPS:

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, bell 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.

For more information about EFNEP, visit: 
https://efnep.ifas.ufl.edu