

Black Bean and Couscous Salad

SERVES 4

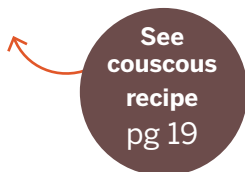
Ingredients

FOR DRESSING






- 3 tablespoons **olive oil**
- 2 tablespoons **lemon juice**
- 1 teaspoon **red wine vinegar**
- 1 teaspoon **cumin**

FOR SALAD

- 1 15-ounce can of **black beans** | **drained and rinsed**
- 4 **green onions** | **chopped**
- 1 12-ounce bag **slaw mix**
- OR 4 cups chopped cabbage, shredded carrots and sliced bell pepper*
- 1 cup **frozen corn** | **thawed**
- 2 cups cooked **couscous**



EQUIPMENT

-  Measuring cups
-  Large bowl
-  Small pot with lid
-  Measuring spoons
-  Whisk or fork

MIX IT UP AND MAKE IT YOUR OWN

- We recommend using a precut slaw mix for this recipe for ease of preparation. If you do not have this available, you can easily substitute with a mix of carrots and cabbage. You can thinly chop this or you can use a box grater to shred the vegetables.
- Adding meatless meals to your weekly routine is not only great for your health, but also your budget. We encourage you to try and add at least one meatless meal to your weekly routine. This recipe features black beans, but any type of bean that you would like would work well in this recipe.
- This recipe features cumin as the main flavor. Feel free to switch in any other spice or blend of spices that you like.
- We chose to use couscous in this recipe as it is quick to make and adds a great flavor and texture to the dish. If you do not like couscous or do not have it on hand, you can easily substitute brown rice or quinoa.

Directions

- 1 Prepare couscous as described on page 19.
- 2 Add all the dressing ingredients to a large bowl and whisk to combine.
- 3 To the dressing add your black beans, green onions, slaw mix and corn. Mix to combine and coat.
- 4 Add couscous to salad and mix to combine.
- 5 Adjust flavoring with salt and pepper as desired. Enjoy!
- 6 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
Serving size
1 each

Calories **360**
per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 11g	14%	Total Carbohydrate 55g	20%
Saturated Fat 1.5g	8%	Dietary Fiber 11g	39%
<i>Trans</i> Fat 0g		Total Sugars 4g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 70mg	3%	Protein 13g	

Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 2.8mg 15%
Potassium 560mg 10% • Phosphorus 200mg 15%

* 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.

INGREDIENTS: CABBAGE, BLACK BEANS [WITH WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT)], CORN, WHOLE WHEAT COUSCOUS [WHOLE DURUM WHEAT SEMOLINA], GREEN ONION, OLIVE OIL, LEMON JUICE, RED WINE VINEGAR [WITH POTASSIUM METABISULFITE (PRESERVATIVE), DILUTED WITH WATER TO 5% ACIDITY], CUMIN

CONTAINS: WHEAT