



A Nutrition Resource

BLACK BEAN AND COUSCOUS SALAD

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

Cost/Serving: \$0.45

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.
- 6) Fluff the couscous well with a fork, breaking up any chunks. Add to beans and vegetables and

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.



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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.

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