



Black Bean and Couscous Salad

Makes: 8 servings ($\frac{1}{2}$ cup per serving)

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients

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

Directions

- 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, green 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.

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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