



EATING SMART
BEING ACTIVE

Black Bean and Couscous Salad

Makes: 8 servings (½ cup per serving)

Preparation Time: 10 minutes

Cooking Time: 10 minutes

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)
- 1 (15 ounce) can black beans, drained and rinsed
- ½ medium onion, minced
- ½ bell pepper, minced
- ½ 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 bell 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.

Nutrition Facts	
8 servings per container	
Serving size	1/2 Cup (108g)
Amount Per Serving	
Calories	150
<small>% Daily Value*</small>	
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%
<small>*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.</small>	



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Make Half Your Grains Whole