DietCloud – Recipe

Recipe Name: Cuban Black Bean Salad Recipe

Diet Type:

Course: Snack

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 Canned black beans - (canned) drained & rinsed • 2 Tomatoes - diced (or cherry tomatoes) • 1 Red Yellow and Green Bell Peppers (Capsicum) - finely chopped • 1 Red onion - chopped • 1 cup Sweet corn - steamed • 1 teaspoon Dried oregano • Parsley leaves - small bunch • Salt - to taste • 2 tablespoons Extra Virgin Olive Oil • 3 tablespoons Fresh orange juice • 2 cloves Garlic - minced • 1/2 teaspoon Orange Zest (Rind) • 1/2 teaspoon Dried oregano • 2 teaspoon Cumin powder (Jeera) • 1/2 teaspoon Black pepper powder • Salt - to taste	4

Preparation

• If you don't find black beans, you can also cook Rajma (red kidney beans) ahead of time and use it in this salad.

• In a small mixing bowl, whisk all the ingredients for the mojo sauce until smooth.

• In a large salad mixing bowl, add all the ingredients for the salad and the mojo sauce and stir well to combine.

• Check the salt and seasonings and adjust to suit your taste.

• Serve the Cuban Black Bean Salad along with a bowl of soup and a crusted bread for a weeknight

dinner or pack it into your lunch box for work as well.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)