

ISABEL'S GRAIN & BEAN SALAD

By Isabel Prudencio

Serves 4 (as a main), 8 (as a side)

Hands-on time 5 minutes

Total time 1 hour, 25 minutes

INGREDIENTS:

- 1 cup cooked bulgur (to cook: soak bulgur in 1 cup boiling water for about 20 minutes)
- 1 cup dried black beans, drained
- 1 cup dried kidney beans, drained (save this liquid from reconstituted beans)
- 1 cup cooked whole corn kernels
- 1/2 cup green onions, chopped into 1/4-inch pieces
- 1 red bell pepper, chopped into 1/4-inch pieces
- 1 cup cucumber, chopped into 1/4-inch pieces
- 1 cup plum tomatoes, chopped into 1/4-inch pieces

Dressing:

- 1/4 cup red wine vinegar
- 1 clove garlic, minced
- 1 tsp chili powder
- Sea salt to taste
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp ground black pepper
- 1/2 cup liquid from kidney beans (or use olive oil to taste)

INSTRUCTIONS:

1. In a large bowl, combine cooked bulgur, beans and chopped vegetables. Mix well.
2. To make dressing: In a small bowl, whisk together vinegar, garlic, chili powder, salt, red pepper flakes and black pepper. Whisk in 1/2-cup reserved kidney bean liquid (or olive oil, to taste) and pour over salad and toss well. Allow salad to sit in refrigerator for 1 hour to allow flavors to blend before serving.

NUTRIENTS per 3/4-cup serving:

CALORIES: 100

TOTAL FAT: 0.5 g

SAT. FAT: 0 g

CARBS: 19 g

FIBER: 5 g

SUGARS: 3 g

PROTEIN: 5 g

SODIUM: 190 mg

CHOLESTEROL: 0 mg