

Couscous and Black Bean Salad

4 servings

Ingredients:

1 1/3 cups cooked whole wheat couscous
1 can (15 ounces) black beans, rinsed and drained
1 cup cherry tomatoes
2 Tablespoons minced fresh chives or green onions (green parts only)
1 Tablespoon minced fresh cilantro
1 small jalapeño pepper—cored, seeded and minced (optional)
2 teaspoons white wine vinegar
1 teaspoon olive oil
1/4 teaspoon salt
1/8 teaspoon black pepper

Directions:

Combine couscous and beans in large bowl. Cut tomatoes in half lengthwise, reserving 1 Tablespoon tomato juice. Add tomatoes to couscous. Stir in chives, cilantro and jalapeño pepper, if desired; mix gently.

Whisk vinegar, reserved tomato juice, oil, salt and pepper in small bowl until well blended. Pour over salad; toss lightly to coat.

Nutrition Information per serving:

Calories: 149 calories
Carbohydrate: 31g
Fat: <1g

Sodium: 550g
Protein: 7g
Fiber: 7g