

Black Bean Salad with Fresh Mint



Prep:

10 minutes

Makes:

10 servings

Utensil:

5 Qt./4.7 L Roaster with Cover
small mixing bowl

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Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

You can learn more about Marni by visiting her Facebook and Twitter page, or www.marniwasserman.com

1

cup

black beans, soaked overnight, or Eden canned organic beans (194 g)

3

cups

filtered water (no water needed if canned beans are used) (700 mL)

1
tablespoon
mustard
(16
g)

1
tablespoon
honey
(21
g)

2
tablespoons
lemon juice
(30
mL)

3
tablespoons
Filsingers apple cider vinegar
(45
mL)

¹/₂ - 1
teaspoon
sea salt
¹/₄

cup
extra virgin olive oil
(60
mL)

3
red radishes, small dice

3
scallions, minced
¹/₄

cup
parsley, minced
(15
g)
¹/₄

cup
fresh mint, minced
(7
g)

Directions:

1. Drain soaked beans and rinse well with water. Drain again.
2. In roaster, combine beans and water over medium heat. When Vapo-Valve? clicks steadily, reduce heat to low and cook for 1 - 1½ hours. Drain beans.
3. In a small mixing bowl, whisk together mustard, honey,

lemon juice, apple cider vinegar, sea salt and oil. Pour over warm beans.

4. When the beans have cooled, toss together with vegetables and herbs. Enjoy!

Tips:

- Feel free to substitute the black beans for kidney beans, chickpeas or white beans. You can even mix a few different beans for a colourful and festive salad. Beans are satisfying as they are loaded with protein and fiber. Top this salad on fresh greens or a pile of quinoa or brown rice.

Nutritional Information per Serving

Calories:

126

Total Fat:

6g

Saturated Fat:

1g

Cholesterol:

0mg

Sodium:

211mg

Total Carbs:

15g

Dietary Fiber:

3g

Sugar:

2g

Protein:

4g