

## Couscous Salad with Black Beans & Corn



### Makes:

8 - 10 servings

### Utensil:

Mega Skillet Limited Edition

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### Contributed By:

Chef John Lara  
Personal chef to former U.S. President  
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### Recipe Description:

A wonderful healthy recipe that you and your family can enjoy as a vegan entrée or side dish compliment.

1  
fresh leek stalk, cleaned well, diced small  
4  
Roma tomatoes, diced small  
1  
medium  
green pepper, diced small  
1  
medium  
jalapeno pepper, seeded and minced (optional)  
1  
tablespoon  
minced garlic  
(15  
mL)

3 <sup>1</sup>/<sub>2</sub>

cups

low-sodium vegetable stock

(830

mL)

1

tablespoon

lime zest

(15

mL)

3

teaspoons

ground cumin

(15

mL)

1

tablespoon

chili powder

(15

mL)

5 - 6

sprigs

saffron

2

cups

couscous

(346

g)

2

cans

black beans, rinsed and drained (12 ounces/340g each)

14

ounces

frozen corn, thawed

(396

g)

sea salt and pepper to taste

<sup>1</sup>/<sub>2</sub>

cup

fresh cilantro, minced

(8

g)

2

limes, cut in wedges, garnish

cilantro leaves, garnish

<sup>1</sup>/<sub>2</sub>

medium

red pepper, diced small, garnish

## Directions:

1. Preheat Mega Skillet on medium heat, approximately 5 - 7 minutes. When several drops of water sprinkled on pan skitter and dissipate, add leeks, tomatoes, green peppers, jalapeno, garlic and 1 cup vegetable stock. Sauté for 4 - 5 minutes or until vegetables are slightly translucent.
2. Add remaining vegetable stock, lime zest, cumin, chili powder and saffron. Allow stock to come to a slight simmer.
3. Add couscous, black beans and corn, folding all ingredients. Season with salt and pepper to taste, cover and allow couscous to cook 3 - 5 minutes.
4. Turn off heat and keep covered for 5 minutes. Taste for doneness and toss with fresh cilantro.
5. Garnish with lime wedges, cilantro leaves and red peppers. Squeeze lime juice from wedges over entrée prior to serving.

### Nutritional Information per Serving

**Calories:**

290

**Total Fat:**

1g

**Saturated Fat:**

0g

**Cholesterol:**

0mg

**Sodium:**

243mg

**Total Carbs:**

59g

**Dietary Fiber:**

11g

**Sugar:**

5g

**Protein:**

13g

Nutritional analysis based on 10 servings