

## Couscous Salad with Black Beans & Corn



### Makes:

8 - 10 servings

### Utensil:

Mega Skillet Limited Edition

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### Recipe:

### 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 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)  
2 limes, cut in wedges, garnish  
cilantro leaves, 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** 59g

**Carbs:**

**Dietary Fiber:** 11g

**Sugar:** 5g

**Protein:** 13g

Nutritional analysis based on 10 servings