



## Black Bean & Couscous Salad

1 cup uncooked couscous  
1 ¼ cups low-sodium chicken broth  
3 tablespoons extra virgin olive oil  
2 tablespoons lime juice  
1 teaspoon red wine vinegar  
½ teaspoon ground cumin

8 green onions, chopped  
1 red bell pepper, seeded and chopped  
¼ cup chopped fresh cilantro  
1 cup frozen corn kernels, thawed  
2 cans (15 ounces each)  
black beans, drained and rinsed

### Directions

1. Bring broth to a boil in 2-quart saucepan. Add couscous. Cover pot and remove from heat. Let stand 5 minutes.
2. Add green onions, red pepper, cilantro, corn and beans.
3. In a large bowl, whisk together the olive oil, lime juice, vinegar and cumin. Toss together.
4. Fluff the couscous with a fork, breaking up any chunks. Add to the vegetables and mix well. **Makes 7-1/2 cup servings**

**Nutrition Facts per ½ cup serving:** 242 calories, 7g total fat, (1g saturated fat) 0mg cholesterol, 210mg sodium, 37g carbohydrate, 6g fiber, 2g sugar, 9g protein