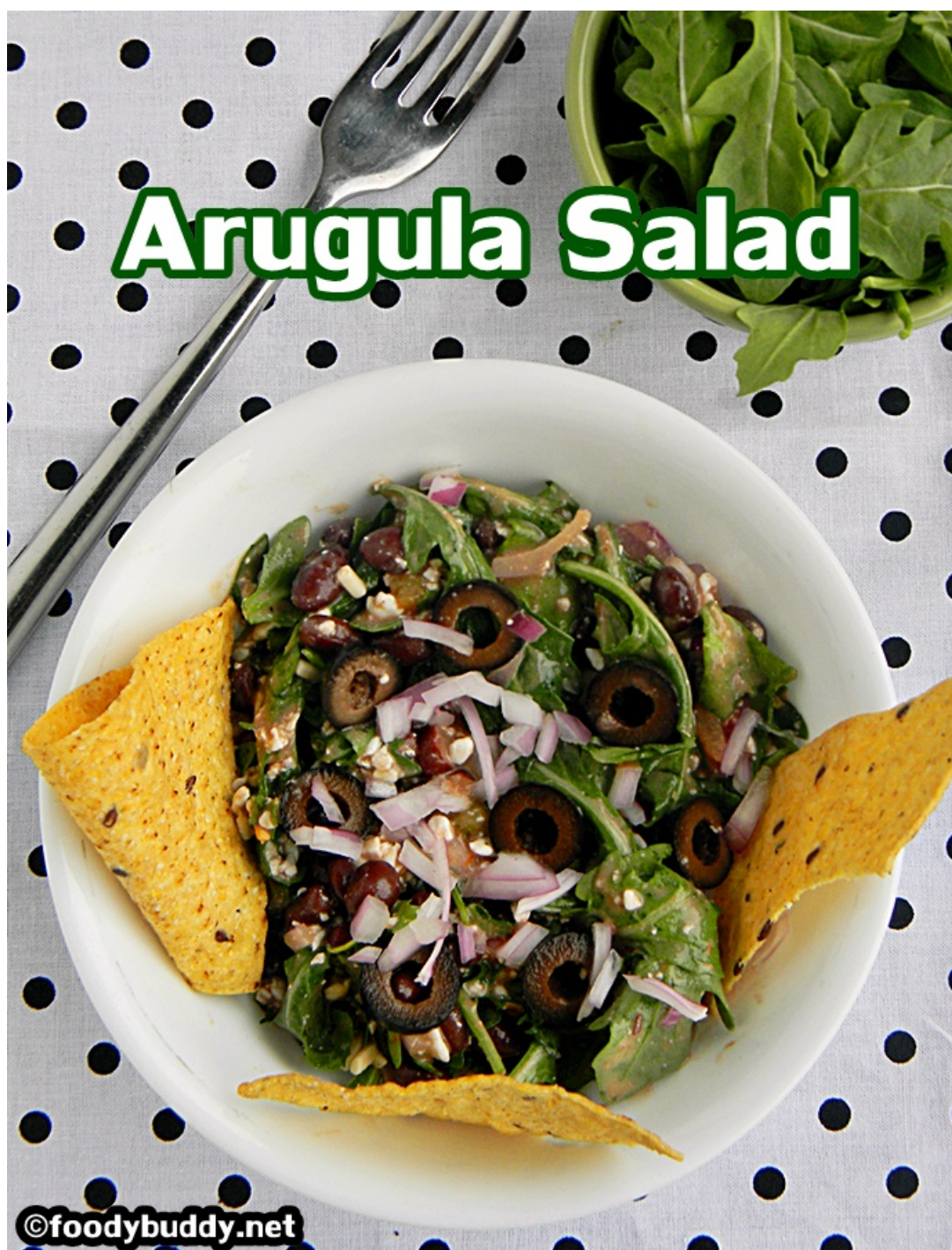


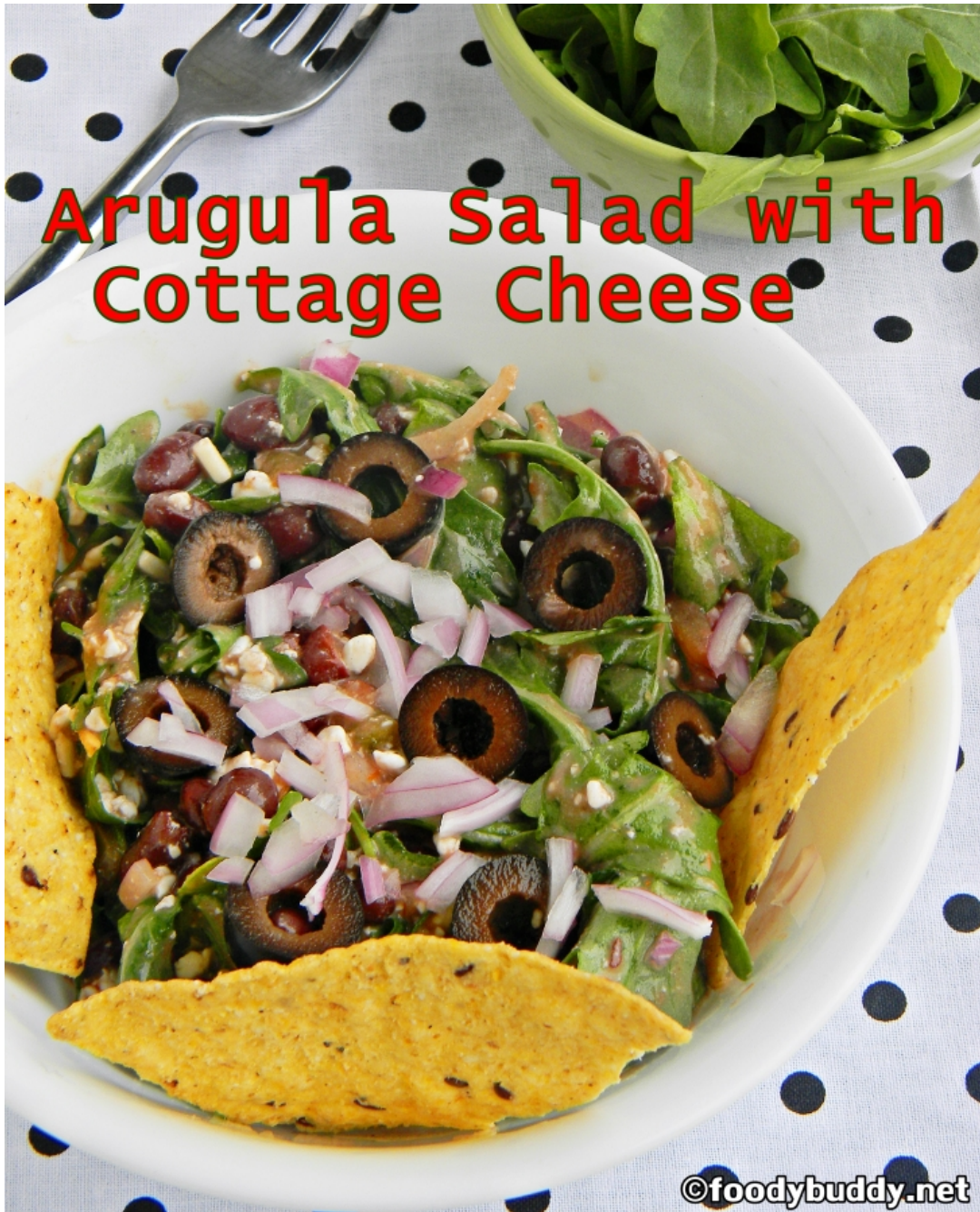
Easy Arugula Black Bean Salad With Cottage Cheese



This easy arugula black bean salad with cottage cheese is an elegant, healthy and refreshing dish. Arugula is a leafy vegetable low in calories and high in calcium and vitamins. This is a first time, I tried arugula green in my life. It doesn't taste good on its own but the dressing and the cheese

compliment well with peppery arugula. This simple arugula salad has a perfect mix of all tastes and flavors, bitter (arugula), sour (salsa and red wine vinaigrette), sweet (honey) and rich and creamy (cottage cheese, cheddar cheese and Parmesan cheese) and crunchy taste (tortilla chips) makes a full and satisfying salad. If you love nuts, you can top the salad with pine nuts or peanuts or pecans. Serve as a first course or as an accompaniment for [pizza](#) or [pasta](#) for dinner. For more salad recipes, refer my [recipe index](#).

How to make Arugula Salad Recipe



Easy Arugula Black Bean Salad With Cottage Cheese



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Prep time

5 mins

Cook time

5 mins

Total time

10 mins

Easy arugula black bean salad with cottage cheese is an elegant, healthy and refreshing dish. Serve as a first course or as an accompaniment for pizza or pasta for dinner.

Author: Gayathri Ramanan

Recipe type: Salad

Cuisine: American

Serves: 2

Ingredients

- 2 Handfuls of Arugula
- 6 Tbsp of Canned Black Beans
- 2 Tbsp of Red Onion, Chopped
- 1 Tsp of Salsa
- 1 Tbsp of Olive Oil
- $\frac{1}{4}$ Tsp of Honey
- 2 Tsp of Red Wine Vinaigrette
- 8 Black Olives, Chopped
- Salt and Pepper to taste
- 3 Tbsp of Cottage Cheese
- 2 Tsp of Cheddar Cheese
- Parmesan Cheese to taste
- Tortilla Chips as needed

Instructions

1. Wash the arugula. Chop the onion finely and slice the black olives.
2. In a mixing bowl, combine arugula, black beans, red onion, salsa, honey, olive oil, red wine vinaigrette, black olives, cottage cheese, cheddar cheese, Parmesan cheese, salt and pepper. Toss well with fork or spoon.
3. Garnish with tortilla chips and serve as an accompaniment for pizza or pasta for dinner.

Notes

Use aged gouda cheese or feta cheese instead of cottage cheese and parmesan cheese.

If you love nuts, you can top the salad with pine nuts or peanuts or pecans.

If you have love cherry tomatoes, add it to the salad and avoid salsa.



Tips: [Easy Arugula Black Bean Salad with cottage cheese](#), [easy arugula salad](#), [arugula salad](#), [arugula salad recipe](#), [salad recipe](#), [summer salad recipe](#), [black bean salad](#)

The Best Eggless Pineapple Upside Down Cake Recipe



This is my long time wish to bake the best Eggless pineapple upside down cake recipe. Actually my friend birthday was last month, I know she loves pineapple so I baked this cake for her birthday. We invited her to our house and surprised her with this cake and gifts. She was so happy and excited, after she tasted the cake she said OMG, the cake was so good and delicious. I was on cloud nine. This pineapple cake is very simple to make, they are so soft and sweet, pineapple slices

adds a nice texture, rich taste from butter and sweetness from condensed milk, so when you bite the cake, it just melts in your mouth. If you are a pineapple lover, you should try this cake. This pineapple upside down cake is perfect for any special occasion.

I am not a big fan of Maraschino cherry. If you like, you can use that otherwise use any kind of cherries as per your taste.

I took this video with one hand on camera and my other hand was cooking..So sorry if the video was not clear.

How to make Eggless Pineapple upside down cake

Ingredients for Eggless Pineapple Upside Down Cake Recipe

Recipe Source: [4thsensecooking](#)

Preparation Time : 25 mins Cooking Time : 40 mins Serves: 1 cake

- Pineapple Slices
- Cherries

For Caramel

- 4 Tbsp of Brown Sugar
- 2 Tbsp of Butter
- 1 Tbsp of Water

For Cake

- 1 Cup of All Purpose Flour
- 1/2 Tsp of Baking Soda
- 1 Tsp of Baking Powder

- 6 Tbsp of Butter
- 200 ml of Condensed Milk
- 50 ml of Water
- 100 ml of Milk
- Few Pineapple pieces

Method for Pineapple Upside Down Cake Recipe

Caramel Preparation :

- Heat the pan, add brown sugar and butter. Mix well until sugar caramelizes. Stir it constantly until you get golden brown syrup.
- Pour the syrup into a baking pan.
- Drain the pineapple from the can and place it on top of the caramel. Arrange the cherries in between the pineapple slices.

To make pineapple cake

- Preheat the oven to 350 F (180 C)
- In a mixing bowl, add butter and condensed milk, beat well until smooth. To that add maida (APF), chopped pineapple, baking soda, baking powder, milk and water, stir well without any lumps.
- Gently pour the batter over the pineapple slices.
- Bake it for 35-40 mins. Check with tooth prick by inserting in the center. The cake is done if toothprick comes out clean.
- Invert the cake onto your serving plate and allow it to cool before slicing.
- Hot, yummy pineapple upside down cake is ready to serve.

Tips

- Don't over bake the cake, not more than 40 mins.
- Don't allow the cake in the baking pan not more than

15 mins, otherwise the caramel turns hard again.

- You can use any cherry variety. Here I don't get the variety of cherry that we get in Indian bakery shop.
- You can limit the no of cherries, if you don't like the taste.



Tags: [the best eggless pineapple upside down cake recipe](#), [eggless pineapple cake recipe](#), [eggless cake with condensed milk](#), [cake recipe with milk maid](#), [pineapple cake recipe](#), [eggless pineapple cake with condensed milk](#), [cake recipe](#), [easy pineapple cake](#), [upside down cake recipe](#), [eggless baking](#)

Chocolate Banana Nut Shake Recipe



This chocolate banana nut shake is a great recipe for quick

breakfast. I love milk shake and smoothies as they are rich, delicious and healthy. I have previously shared some recipes like [anti-aging berry medley smoothie](#), [strawberry banana smoothie](#), [avocado milk shake](#). After my workout, when I get home, I will make some smoothie or milk shake to drink. Yesterday I made this chocolate banana shake with walnuts. Oh my, it was so good & yummy. Try this easy chocolate banana nut shake at home and let me know how it turned out.

How to Make Chocolate Banana Nut Shake Recipe



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Ingredients for Chocolate Banana Nut Shake Recipe

Preparation Time : 2 Mins Grinding Time : 2 mins Serves:1

- 1 Small Banana
- 1/2 Cup 2% Milk
- 2-3 Tsp of Cocoa
- 2 Tsp of Sugar or to taste
- 3/4 Tsp of Vanilla Extract
 - Few Walnuts pieces
- Chocolate Shaving to garnish

Method for Chocolate Banana Nut Shake Recipe

- Combine banana chunks, milk, cocoa, vanilla extract and sugar in a blender and blend until everything mixed together.
Make sure there are no lumps in it.
- Taste the shake, if desired add extra tsp of sugar and blend again.
- Pour the shake into serving glass and nuts, mix well with spoon. Garnish with chocolate shavings and sliced banana.



Tags: [Chocolate Banana Nut Shake Recipe](#), [chocolate banana shake](#), [chocolate shake](#), [chocolate milk shake](#), [banana chocolate shake](#), [how to make Chocolate Banana Nut Shake Recipe](#), [prepare Chocolate Banana Shake](#), [milk shake recipe](#), [breakfast drink recipe](#), [after workout milk shake](#)