

Simple Peruvian (Mayocoba) Beans Salad

Pinit



Peruvian beans are also called Mayocoba beans/ Canary beans, they are ivory yellow beans which is popular in Jalisco as well as much in Southern Mexico. I got this beans in bulk in nearby Mexican Grocery store. As I am vegetarian, I always includes lentils /beans in my diet to get a protein. As far as the protein profile, it is similar to pintos in that essential amino acids missing for a complete nutritional protein are MET/CYS. The missing ones can be obtained by eating grains such as rice or corn. That is why rice and beans is such an healthy combo. Coming to this recipe, it is simple, healthy

and absolutely yummy. This salad features Peruvian beans, onion, tomato, tangy lime juice, salt and pepper. They are high in fiber and protein taste great when served with chips, or lunch served with fresh tortillas. This salad is low in fat and loaded with antioxidants.



Ingredients

To Cook Peruvian Beans

- 1 Cup of Dried Peruvian Beans (Frijoles peruanos)**
- 3.5 Cup of Water**
- 1/2 Tsp of Salt**
- 1 Tbsp of Canola/ Vegetable Oil**
- 1/2 Medium Size White Onion**

To make a salad

- 1/2 Cup of White Onion, Finely Chopped
- 1 Roma Tomato, Finely Chopped
- 1 Tbsp of Jalapenos, Chopped
- Dash of Pepper
- Dash of Salt
- 1 Tbsp of Lemon Juice
- 1 Tbsp of Olive Oil or Chipotle Mayonnaise



Method

To Cook Peruvian Beans

- Check for any stone before cooking. Wash and rinse the

dried beans in cold tap water. In a pan, add water, chopped onion, Peruvian beans, oil and salt and wait for rolling boil temperature. Transfer the beans to cooker or crock pot and set in high and cook it for 4 hrs. Peruvian beans is ready.

To make a salad

- Combine all the ingredients in a large bowl and mix well.
- Cover and chill it for 15 mins.
- If you don't get peruvian beans, try the same recipe with chick peas/chenna, rajma etc..
- Simple Peruvian Beans salad is ready to serve. Enjoy



Tips

- **Serve it with tortilla chips.**
- **You can also add mashed avocado, after refrigerating.**
- **Use red onion instead of white onion.**
- **If you don't get Peruvian beans, try the same recipe with rajma or chenna/chickpeas.**
- **You can garnish with cilantro or green onion or any tomato salsa.**
- **Use canned beans, instead of dried beans.**
- **If you want to use cooker, soak the beans for overnight. Add the beans, oil, salt and enough water. Cook for 3 whistles, then simmer it for 40 mins in low flame. Then turn off the flame. Beans is ready to use.**



Health Benefits of Peruvian / Mayocobo Beans

- 1/4 Cup of beans is equal to 8 g of protein.
- High in fiber, iron, calcium and vitamins.
- Lowers cholesterol levels.

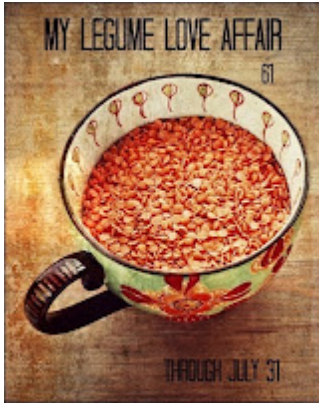
Also check my other salad recipes

- [Black beans Salad](#)
- [Vegetarian Taco Salad](#)
- [Potato Salad](#)



sending this recipe to [Archana Kitchen](#), [Event by Archana's](#)

Kitchen – Summer Fiesta



“My Legume Love Affair” and contain links to [this announcement post](#), [Lisa’s MLLA information page](#) and to [Susan’s MLLA page](#)

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Thakkali Paruppu Dosai / Tomato lentil dosa



Dosa is a fermented crepe made from rice and black lentils. It is getting popular around the world because of taste and crispy texture. Thakkali paruppu dosai does not need any fermentation. There are two types of rice, one is parboiled rice and other one is raw rice. In this recipe I used toor dal , parboiled rice, tomatoes, red chillies coconut and spices. Addition of tomatoes gives tanginess and vibrant color, red chillies gives spicy taste, carbs and protein from rice and dal. So this dish gives you well balanced of all nutrients. Best accompaniment for this tomato dosa are coconut chutney or [peanut chutney](#) or [sambar](#) or [podi](#).

Ingredients

- 1 and 1/4 Cup of Parboiled Rice
- 2 Tbsp of Toor Dal
- 3 Large Size Tomatoes, Chopped
- 2 Tbsp of Desiccated Coconut Flakes / Grated coconut
- 4-5 Red Chillies

1 Tsp of Fennel Seeds

Few Cilantro(Coriander) Leaves, Finely Chopped

7 – 10 Curry Leaves

Salt to Taste

Oil as Needed

Method

- Soak the dal and rice separately for 5 – 6 hrs. After that wash the dal and rice in cold tap water.
- In a blender, add toor dal, rice, tomatoes, coconut flakes, red chillies, coriander(cilantro)leaves, curry leaves and salt, Grind it until the mixture turns smooth.
- Transfer this batter to a bowl, add fennel seeds and mix well. If you need more salt, you can add it at this stage.
- Add water if batter is too thick. Heat a dosa pan or tawa, take a ladle full of batter, spread it like thin dosa. Drizzle some oil over the dosa or in sides. Cook both sides until it turns crisp.
- Serve this dosa with your coconut or [peanut chutney](#) or [sambar](#) or podi. I had it with urad dal chutney.

Tips

- You can add chopped green chillies instead of red chillies.
- Always cook dosa in medium flame.
- You can add more tomatoes if your tomato are not tangy.
- You can avoid fennel seeds, if you don't want.
- Adjust the number of red chillies according to your spicy level.
- You can add little jaggery if you want for a slight sweet taste.
- If you are making this for breakfast , soak rice and dal

overnight and grind them in the morning.

Health Benefits

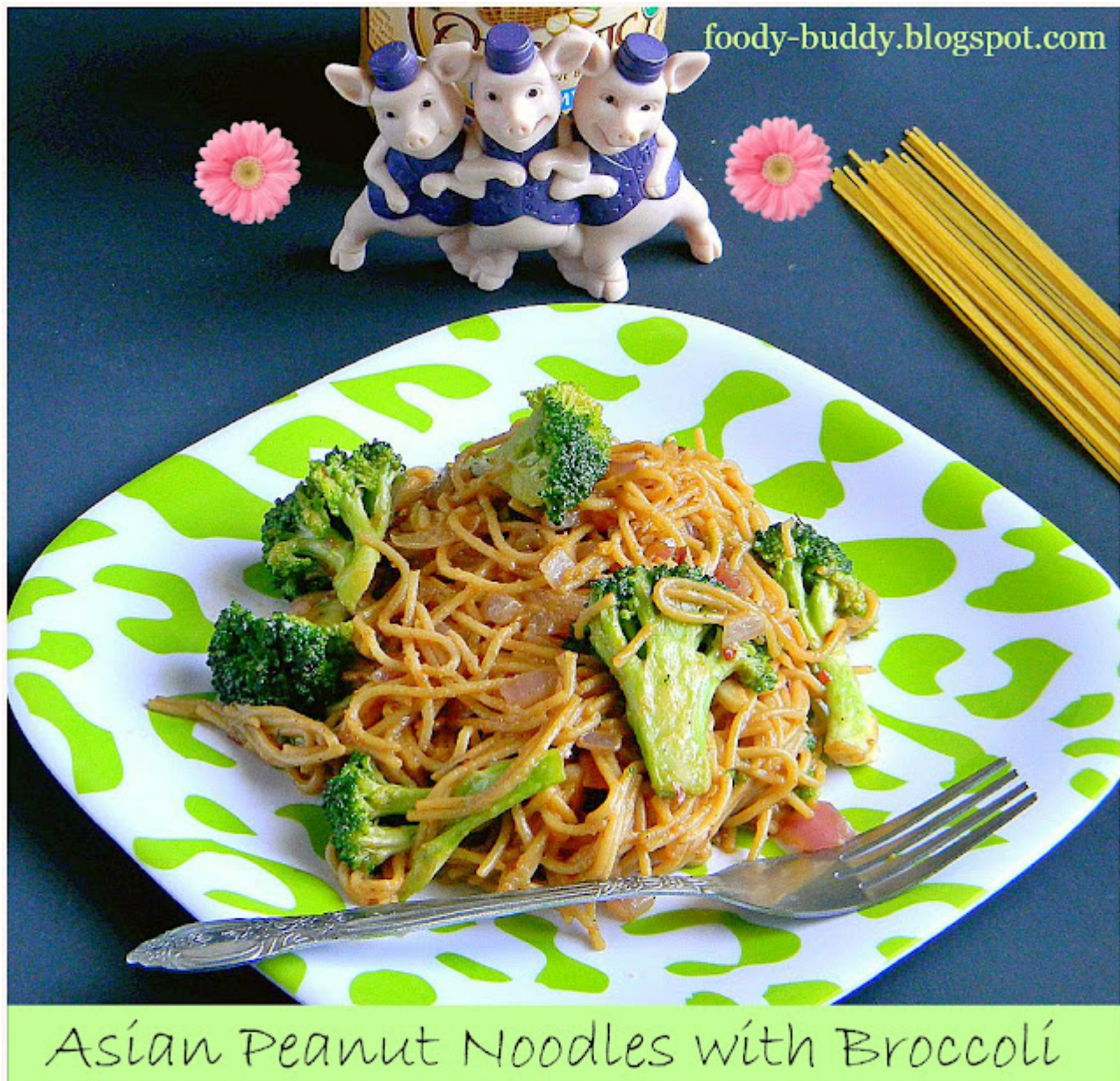
Tomatoes

- Tomatoes are rich in vitamin A, C, K and Potassium.
- They are a natural cancer fighter.
- They are a good source of chromium which helps to regulate blood sugar.



Asian Peanut noodles with Broccoli

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This yummy pasta is very simple to make, rich in taste and very filling. It is made with peanut butter, spaghetti, broccoli and seasonings. You can eat this noodles for breakfast or lunch or dinner. Great recipe to pack for lunch box and your kids will love this noodles.

Ingredients

- 1 Cup of Cooked Spaghetti Noodles
- 2 Tbsp of Chopped Red onion
- 1/2 Tsp of Red Chilly Flakes
- 2 Garlic Cloves, Finely Chopped
- 5-7 Broccoli Florets
- 2 Tsp of Oil, I used Canola Oil

To Make a Sauce

- 1 tbsp + 1 tsp of Soy Sauce
- 1 tbsp of Peanut Butter
- 1 Tsp of Sugar
- Dash of Salt and Pepper



Method

- Cook spaghetti according to package directions. Make sure don't overcook the pasta. Drain the water and keep this aside.
- In a bowl, add all the ingredients listed under " To make a sauce". Mix well with a spoon or fork.
- Heat oil in a pan, add red chilli flakes, chopped onion and garlic, saute for 1-2 mins .
- Add broccoli and little water, cover the pan with a lid and cook it for 2-3 mins in medium high flame.
- Add the cooked spaghetti noodles and sauce to a pan, toss well. Taste the noodles. Adjust salt and pepper accordingly. Turn off the flame.
- Serve warm immediately or store it in the fridge and eat it cold.



Tips

- You can follow the same recipe with any pasta.

- To make it more nutritious, add vegetables like carrots, bell pepper, tofu, mushroom , corn or peas along with broccoli.
- Try with almond butter or cashew butter instead of peanut butter.
- If you want more spicy, add Sriracha hot chilli sauce to the noodles.

Health Benefits of Peanut noodles

- Peanut butter are rich sources of iron, zinc, folate, vitamin B6.
- Peanut butter lowers the risk of heart disease.
- Try to use whole wheat or multi grain pasta as it has more nutritional benefits.

