

15 MINS BLACK BEANS SALAD - MEXICAN RECIPES



This colorful salad features black beans, onion, tomato, tangy lime juice, zesty cilantro and some seasonings. This colorful, high fiber, high protein salad makes a great side dish, appetizer served with chips, or lunch served with fresh tortillas. This salad is low in fat and loaded with antioxidants and fibers. Black beans make a complete protein when paired with brown rice, which is often why they are so commonly included in a vegetarian diet.

Ingredients

1 Can (15 oz) Cooked Black Beans
1/2 Cup of Onion, Finely Chopped
1 Roma Tomato, Finely Chopped
1/2 Green Bell Pepper, Finely Chopped
1/2 Cup of Corn, Boiled
1 Tbsp of Jalapenos, Chopped
1 Tsp of Goya Adoba All Purpose Seasoning
1 Tsp of Goya Sazonador Total Seasoning
Dash of Pepper
Dash of Salt
2 Tbsp of Lemon Juice
1 Tbsp of Olive Oil or Chipotle Mayonnaise

To Garnish

1 Green Onion, Finely Chopped
2 Tbsp of Cilantro, Finely Chopped

Method

- Boil the corn in microwave for 2-3 mins.
- Combine all the ingredients in a large bowl and mix well.
- Cover and chill it for 15-30 mins.
- Right before serving, garnish it with chopped green onion and cilantro.
- If you don't get black beans, try the same recipe with chick peas/chenna, rajma etc..
- Black Beans salad is ready to serve. Enjoy  

15 Mins Black Beans Salad



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 have mexican seasoning, just use salt, pepper and cumin powder for seasoning.
- If you don't get black beans, try the same recipe with rajma or chenna/chickpeas.

Health Benefits of Black Beans

- Black beans are an excellent source of the trace

mineral, molybdenum, an integral component of the enzyme sulfite oxidase, which is responsible for detoxifying sulfites.

- Good for diabetes and rich in dietary fiber.
- Lowers cholesterol levels.
- Rich in antioxidants.



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IDIYAPPAM / SEVAI / STRING

HOPPERS - BREAKFAST RECIPE - Step by step procedure



Idiyappam is a culinary speciality from Tamilnadu, Kerala, coastal areas of Karnataka and SriLanka. It is made of rice, salt, oil and water. It is generally served as the main course for dinner or breakfast along with sweetened coconut milk, vegetable korma or curry. I love to eat with sweetened cardomom flavored coconut milk. I make idiyappam for sunday breakfast, if I don't have dosa batter at home. Idiyappam is a steamed food and a healthy dish with less oil.

Ingredients

2 Cups of Idiyappam Flour or Raw Rice Flour
2 Tsp of Vegetable Oil or Ghee
Water as needed (1and 1/2 to 2 Cups)
Salt to taste

Method

- **Boil water in a kettle.**
- **Take rice flour in a wide bowl. Add salt and oil to the rice flour. Mix well.**



- **Add hot water (80 degree C) to flour, mix well with a fork or wooden spatula. Let it cool for 5 mins, then knead well with your hand. If you feel your dough is dry, you can add some more oil and water and knead it again.**



- **Make your dough non-sticky and it should be smooth. Keep it covered for 10 mins.**



- **Now it's time to take idiyappam press, grease well with oil on inside. Take dough in cylindrical form and place it in idiyappam press.**
- **Hand press the dough into swirls onto the greased idly plates. Steam this for 5-7 mins.**



- After a min, take it out from the idly plate, transfer this to a casserole. Repeat the process for the rest of the dough.
- Serve hot with sweetened coconut milk or [vegetable korma](#) or [curry](#).



Tips

- Always grease idly plates and inner part of the idiyappam press with oil.
- Don't steam the idiyappam for a long time, as it makes idiyappam rubbery.
- You can make variety of dishes like puli idiyappam or lemon idiyappam or coconut idiyappam.

Health Benefits of Steamed Idiyappam

- Eating steamed food helps the body to keep fit and healthy.
- Steamed Idiyappam are advised for sick and older people, as it doesn't give strain to the stomach.

- **Steamed Foods are easily digestible.**

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Hi Friends,

Thank you for reading my post. Your comments and feedback is very valuable and highly appreciated. Please leave

your valuable comments and feedback for this post. Thanks Gayathri.

Urad Dal Rice / Ulundu Sadham – Tirunelveli Special

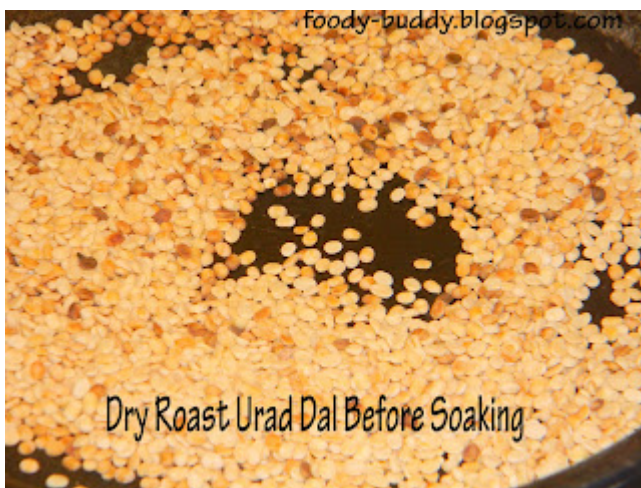


Urad Dal rice is a traditional rice dish from tirunelveli, Tamilnadu. ulundu sadham is really protein rich, healthy and flavorful because of presence of dal, coconut and garlic. urad dal rice is good to eat with coriander seed chutney or sesame (ellu) chutney or coconut chutney. I had it with coriander seed chutney.

Ingredients

1/4 Cup of Urad Dal (white)
3/4 Cup of Rice
6 Garlic Cloves
1/2 Tsp of Cumin
2 Tbsp of Grated Coconut
Pinch of Asafoetida
2.5 Cups of Water
2 Tsp of Oil or ghee
Salt as needed

Method



- Dry roast the urad dal until it turns light brown and fragrant. Soak in water for 1/2 hr. After that wash the urad dal in cold water and keep it aside.
- Soak rice for 1/2 hr. After that wash the rice in cold water and keep it aside.



- In a pressure cooker, add dal, rice, garlic, coconut, cumin, asafoetida, salt, water and oil or ghee. Wait for 3 whistles and switch off the stove.
- Yummy urad dal rice is ready to serve.



Tips

- Serve hot with more milagai(buttermilk chillies) or sesame seed chutney or coriander seed chutney.

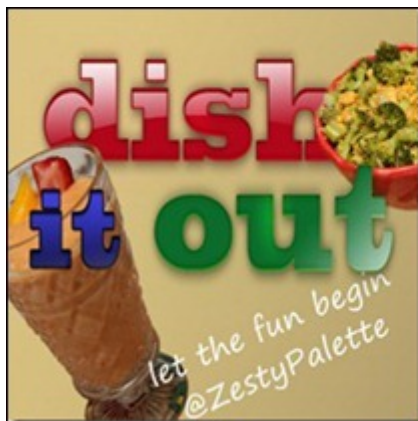
- You can use either black urad dal or white urad dal.
- You can cook in stove top instead of pressure cooker.



Health Benefits of Urad Dal

- It is a rich source of protein especially for vegetarians
- It enhances digestion as it was high in fiber content.
- Good for heart health.

Sending this recipe to



Lentils & Garlic

Feb 1 - Feb 28

Happening @ Nivedhanam

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