Simple Peruvian (Mayocoba) Beans Salad



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.

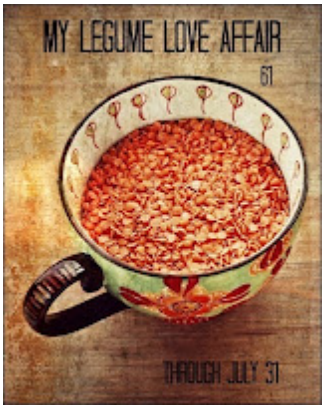
Also check my other salad recipes

- 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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Creamy Avocado Pasta



I'm a big fan of avocado. I always eat avocado in a guacamole form. They are really very good for our health because of the presence of vitamins & good fat in it. For a change, I tried with pasta, it tastes really yummy.

Just Avocado, that's all you need for this delicious avocado pasta.

No cheese..

No butter..

No Cream..

It's taste really wonderful how creaminess of avocado replaces the creaminess of using traditional alfredo sauce. Addition of lemon juice gives a tangy taste. Chopped onion, tomato and garlic flavor gives a extra kick to this dish. On the whole, avocado gives the pasta, a gorgeous green color. This dish is very easy to make and it can be on your table in

15 mins.

Ingredients

2 Handful of Multigrain Spaghetti
1 Large Avocado
1 Medium size Onion, Chopped
1 Roma Tomato, Chopped
1/2 Tsp of Garlic Powder
Dash of Black Pepper Powder
Dash of Salt
1 Tsp of Lemon Juice
2 Tbsp of Cilantro Leaves
1 Tbsp of Vegennaise or Mayonnaise (Opt)

Method

Cook Pasta

- **Bring a large pot of salted water to a boil and cook spaghetti according to package directions. Once it done, drain the water and rinse it well with cold water to avoid stickiness. Keep this aside.**

Prepare avocado Sauce

- **Chop onions and tomatoes into a small pieces and set aside.**
- **Add avocado to a bowl, then use a fork or spoon to mash into chunky paste. Add chopped onion, tomato, garlic powder, lemon juice, cilantro, salt and pepper. For extra creaminess, add vegennaise to it, mix well. Taste it and adjust salt and pepper accordingly.**

Here is the video for you to make guacamole

Combine sauce and pasta

Combine both pasta and sauce in a bowl. Use two spoons or tongs to toss. Serve immediately. Make 2 servings.



Tips

- Buy avocado 2-3 days in advance of your preparation day. Most avocado you find in store are rock hard so leave them outside to soften up for few days. This is to speed up the ripening process.
- Use avocado when it is in dark green colour.
- Onions are the mainstay for this recipe.It gives distinct flavor.
- If you don’t have garlic powder or use crushed garlic or try with rest of the ingredients.
- If you have any unused avocado, store them with seed so that you can use it later. Other trick is adding lime juice which prevents avocado from oxidation.

- Do not reheat the pasta dish due to avocado in the sauce. Serve immediately.
- Pasta dish is best eaten on the day it is made.



Health Benefits of Avocado

- Inhibits the growth of cancer.
- Rich in folate and vitamin C
- High in beta-sitosterol, a compound helps to lower cholesterol level.


Creamy
Avocado Pasta
foody-buddy.blogspot.com

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Easy 2 Prepare
in 15 Minutes
@ Aathidhyam

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



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 smae 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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