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.

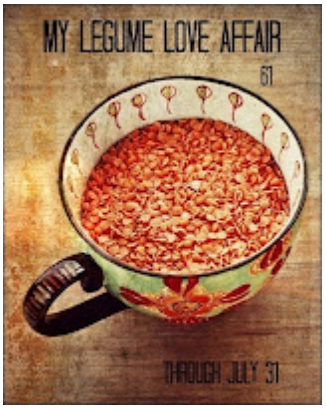
Also check my other salad recipes

- 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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Roasted Chickpeas and Spinach Salad



This hearty roasted Chickpeas and Spinach salad has nutrients rich spinach and antioxidants rich chickpeas in it. I love chickpeas either in the form of curry or rice or salad or snack. As this Chickpeas and Spinach salad is fully loaded with fiber, proteins and antioxidants. This versatile salad has roasted chickpeas, which has exotic smell because of addition of cumin, later it was sprinkled over the spinach bed along with onion and cherry tomatoes. This is good for summertime outdoor meals. Try this refreshing, colorful and low calorie Chickpeas and Spinach salad and enjoy.

Ingredients for roasted Chickpeas and Spinach

salad

1/2 Cup of Canned Chickpeas
3 Tbsp of Olive Oil
1/2 Tsp of Cumin Seeds
1/4 Tsp of Turmeric Powder
1/2 Tsp of Red Chilly Powder
1/2 Red Onion, thinly sliced
5 – 10 Grape Tomatoes
2/3 Cup of Spinach Leaves
1 Tbsp of Lemon Juice
2 Tsp of Parmesan Cheese
Salt and Pepper to taste

Method

Roasting Chickpeas in the oven

- Preheat the oven to 425 degree F. Mix the chickpeas in a bowl with 1 tbsp of olive oil, the cumin seeds, turmeric powder and red chilly powder and season with salt and pepper.
- Transfer to a large nonstick roasting pan and roast in the preheated oven for 12- 15 mins, until nutty and golden.

Making of salad

- Meanwhile, place the onion and tomatoes in a large bowl with the spinach and toss gently to combine. Mound onto serving plates.
- Remove the chickpeas from the oven and sprinkle them

over the spinach salad. Sprinkle Parmesan cheese over the top. Drizzle serving plate with the lemon juice and the remaining olive oil and serve immediately.



Tips

- You can use crumbles of feta cheese instead of Parmesan cheese.
- Also you can use red wine vinaigrette for dressing.
- Add paprika to chickpeas for color, in place of red chilly powder and turmeric powder.
- If you don’t get canned chickpeas, then you need to soak chickpeas for 8 hrs, pressure cook it with salt and water and roast it in oven .

Health Benefits of Chickpeas and Spinach

Chickpeas

- High in fiber and protein and antioxidants.
- Low in glycemic index.
- Helps to lower LDL cholesterol level.
- Reduce the risk of Heart disease.

Spinach

- One cup of cooked spinach has 42 mg of calcium.
- Spinach is your best bet for folic acid, which helps keep cells all over the body growing and functioning well.
- It’s an incredible non animal protein source of iron, which delivers oxygen all over the body, providing much-needed energy to kids’ muscles.
- Spinach also helps regulate blood sugar and keeps your children’s hearts healthy because it’s high in potassium and magnesium.



Roasted Chickpeas and Spinach Salad
2 Servings

Amount Per Serving

Calories299.6 **Total Fat**22.0 g Saturated Fat3.3 g Polyunsaturated Fat2.1 g Monounsaturated Fat15.4 g **Cholesterol**2.0 mg **Sodium**816.0 mg **Potassium**254.2 mg **Total Carbohydrate**22.1 g Dietary Fiber4.0 g Sugars1.7 g **Protein**5.0 g

Vitamin A	22.6 %
Vitamin B-12	0.6 %

Vitamin B-6	18.7 %
Vitamin C	35.3 %
Vitamin D	0.0 %
Vitamin E	13.8 %
Calcium	7.9 %
Copper	7.9 %
Folate	16.1 %
Iron	11.4 %
Magnesium	8.4 %
Manganese	28.6 %
Niacin	1.5 %
Pantothenic Acid	2.5 %
Phosphorus	9.9 %
Riboflavin	3.6 %

Selenium	4.0 %
Thiamin	3.3 %
Zinc	6.1 %

*Percent Daily Valuesare based on a 2,000 calorie diet. Your daily valuesmay be higher or lower depending on your calorie needs.