

15 MINS BLACK BEANS SALAD - MEXICAN RECIPES

15 Mins Black Beans Salad



foody-buddy.blogspot.com

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.



GR

KUZHI PANIYARAM – INDIAN

BREAKFAST RECIPE



Savory batter dumplings or kuzhi paniyaram cooked on a concave griddle, is a famous dish from Tamilnadu and it is a breakfast recipe. You can use dosa batter to make paniyaram but this recipe is little different and I got this recipe from Taj connemara cook book. Kuzhi paniyaram can be made sweet or spicy. Here is the spicy version.

Ingredients

For The Batter

- 200 gms of Boiled Rice**
- 200 gms of Raw Rice**
- 50 gms of Split Black Gram (Urad Dal)**
- Salt to taste**

For the Tempering

2 Teaspoons of Oil
1/2 Teaspoon of Mustard Seeds
50 gms of Onions, Chopped
2 Green Chillies, Chopped
1 Tsp of Grated Ginger (Opt)
1 Tbsp of Grated Coconut
1 Sprig Curry Leaves

Method

For The Batter

- Soak the 2 rice varieties and split black gram in water for 45 mins.
- Drain and wash in running water twice.
- Grind it to a smooth paste, adding adequate water for a pouring consistency.
- Let the batter ferment for about 5-6 hrs.

For the Tempering

- Heat oil and crackle mustard seeds, add chopped onions, chopped green chilli, ginger, grated coconut and curry leaves. Saute and set aside.

For The Dumplings

- Add the temperings and salt to the batter.



- **Pour the batter in the preheated, oil-greased kuzhi paniyaram kadai (Concave griddle) and cook till done.**



- **Turn over the dumpling with the help of a skewer and cook the other side.**



- Remove the dumpling from the griddle after it turns golden brown color and
- Ready to serve with [tomato chutney](#).



Tips

- You can also use dosa batter to make paniyaram along

with tempering items.

- Best side dishes are coconut chutney and [tomato chutney](#).
- Don't cook paniyaram in high flame, which will turn paniyaram brown and leaving uncooked on inside.
- You can refrigerate batter for a week.
- For a healthier version, add grated carrot and chopped spinach to the batter.

Health Benefits of Rice and Urad Dal

- Provides energy and aids in digestion.
- Urad dal is rich in protein and good for heart.



sending this recipe to [Kitchen Meets girl](#)

Parmesan Cheesy Bites / Parmesan Potato Patties



"Say Cheese" This is a cheesy snack. I used potato and Parmesan cheese which is a popular hard cheese used in salads and pasta dishes. They are easy to make, shallow-fried, finger licking savory that goes good for evening snack.

Ingredients

3 Medium Size Potato (Boiled)

3 Tbsp of Corn Starch
3 Tbsp of Gram Flour
1 Tbsp of Coriander Powder
1 Tsp of Cumin Powder
1 Tsp of Red Chilly Powder
1 Tsp of Pepper Powder
1/2 Cup of Parmesan Cheese
Salt to taste
Oil for shallow frying.
1 Tbsp of Parmesan Cheese to garnish.

Method

- **In a bowl, add boiled and mashed potatoes, corn starch, gram flour, coriander powder, cumin powder, red chilly powder, pepper, Parmesan cheese and salt, mix well. Use your hand and blend together all the ingredients in the form of dough.**
- **Make a patty or ball out of the dough.**
- **Heat a frying pan or Cast Iron Pan, place the patty gently in the pan, apply some oil and cook until it turns golden brown. Also cook on other side.**
- **Gently take out the patty, drain the oil and keep it in a bowl with a paper towel at the bottom.**
- **Finally garnish or top the patty with Parmesan cheese.**

Tips

- **Serve with tomato ketchup.**
- **You can do deep fry or shallow fry or in oven.**
- **You can use 1/4 cup of Parmesan cheese instead of 1/2 cup of Parmesan Cheese.**
- **You can keep this patty between 2 toasted bread to get cheesy sandwich.**

Health Benefits of Parmesan Cheese

- **Parmesan cheese is a popular hard cheese used in salads and pasta dishes.**
- **Cheese is a great source of protein and calcium.**
The calcium in cheese can help keep your teeth and bones strong.
- **Potatoes rich in carbohydrates, so it is easy to digest and facilitate digestion.**
- **Potatoes are rich in vitamin C, B and less protein.**

