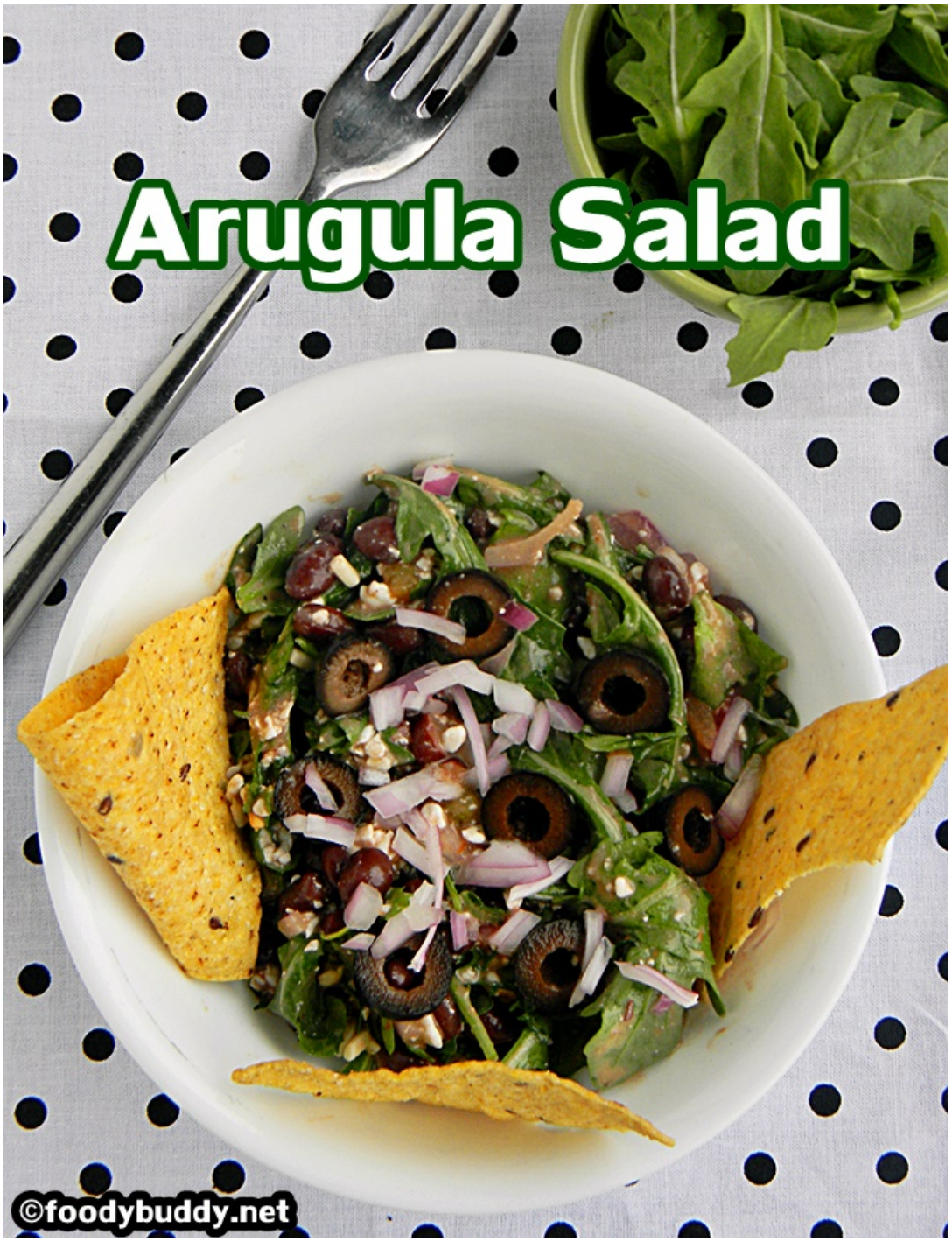
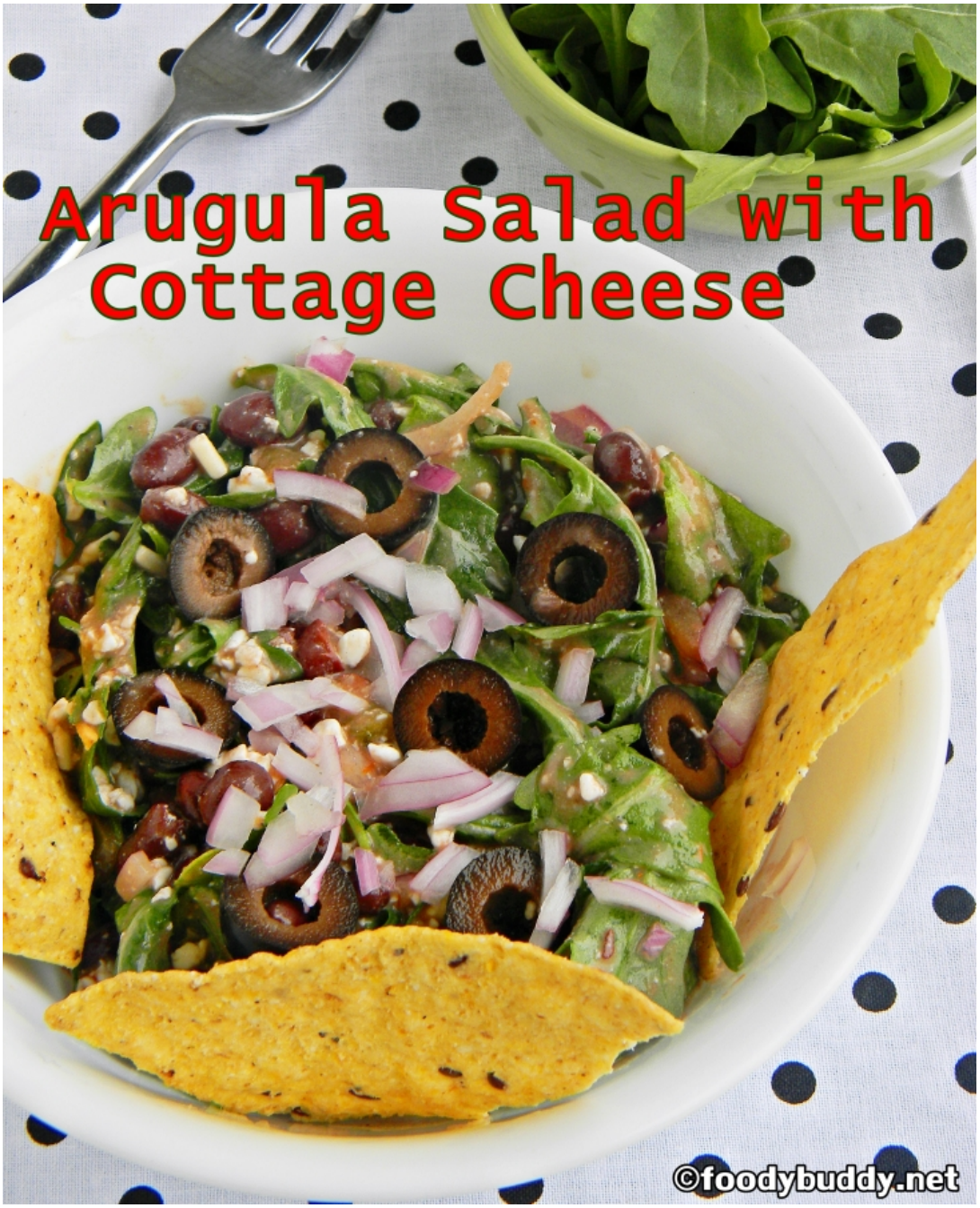
Easy Arugula Black Bean Salad With Cottage Cheese



This easy arugula black bean salad with cottage cheese is an elegant, healthy and refreshing dish. Arugula is a leafy vegetable low in calories and high in calcium and vitamins. This is a first time, I tried arugula green in my life. It doesn’t taste good on its own but the dressing and the cheese

compliment well with peppery arugula. This simple arugula salad has a perfect mix of all tastes and flavors, bitter (arugula), sour (salsa and red wine vinaigrette), sweet (honey) and rich and creamy (cottage cheese, cheddar cheese and Parmesan cheese) and crunchy taste (tortilla chips) makes a full and satisfying salad. If you love nuts, you can top the salad with pine nuts or peanuts or pecans. Serve as a first course or as an accompaniment for pizza or pasta for dinner. For more salad recipes, refer my recipe index.

How to make Arugula Salad Recipe



Easy Arugula Black Bean Salad With Cottage Cheese



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Prep time
5 mins
Cook time
5 mins
Total time
10 mins

Easy arugula black bean salad with cottage cheese is an elegant, healthy and refreshing dish. Serve as a first course or as an accompaniment for pizza or pasta for dinner.

Author: Gayathri Ramanan
Recipe type: Salad
Cuisine: American
Serves: 2

Ingredients

- 2 Handfuls of Arugula
- 6 Tbsp of Canned Black Beans
- 2 Tbsp of Red Onion, Chopped
- 1 Tsp of Salsa
- 1 Tbsp of Olive Oil
- ¼ Tsp of Honey
- 2 Tsp of Red Wine Vinaigrette
- 8 Black Olives, Chopped
- Salt and Pepper to taste
- 3 Tbsp of Cottage Cheese
- 2 Tsp of Cheddar Cheese
- Parmesan Cheese to taste
- Tortilla Chips as needed

Instructions

1. Wash the arugula. Chop the onion finely and slice the black olives.
2. In a mixing bowl, combine arugula, black beans, red onion, salsa, honey, olive oil, red wine vinaigrette, black olives, cottage cheese, cheddar cheese, Parmesan cheese, salt and pepper. Toss well with fork or spoon.
3. Garnish with tortilla chips and serve as an accompaniment for pizza or pasta for dinner.

Notes

Use aged gouda cheese or feta cheese instead of cottage cheese and parmesan cheese.

If you love nuts, you can top the salad with pine nuts or peanuts or pecans.

If you have love cherry tomatoes, add it to the salad and avoid salsa.



Tips: Easy Arugula Black Bean Salad with cottage cheese, easy arugula salad, arugula salad, arugula salad recipe, salad recipe, summer salad recipe, black bean salad

Five Spice Moroccan Couscous Salad With Raisins



Couscous looks like grain but they are made with durum wheat (semolina). This is very popular in North African cuisines

like Morocco, Tunisia, Libya and Algeria (Ref:Wikipedia). Last week I bought this couscous mainly wanted to make this five spice Moroccan couscous salad with raisins and nuts. I referred vegan planet cook book by Robin Robertson and made this couscous salad for last night dinner. They are so yum, flavorful, refreshing and exotic in taste. You can taste all the flavors in this salad like sweetness from dates and sugar, crunches from nuts and 5 different spice taste. I customized this recipe to my taste .

To make 5 spice Moroccan couscous salad, first you need to cook the couscous with five special spices, they are turmeric, Cayenne (red chilly powder), dry ginger powder, cinnamon powder and cumin Powder. Finally you have to toss it with sliced onion, black olives, cottage cheese, raisins, nuts and salt.

Try this yummy, delicious Moroccan couscous salad at home and enjoy with your family.

How to make Five Spice Moroccan Couscous Salad With Raisins & Nuts

Ingredients for Five Spice Moroccan Couscous Salad With Raisins & Nuts

Preparation Time: 10 mins Cooking Time: 10 mins Serves :2

• 2 Tbsp of Olive Oil
• 1/4 Tsp of Turmeric Powder
• 1/4 Tsp of Red Chilly Powder(cayanne)
• 1/4 Tsp of Cinnamon Powder
• 1/4 Tsp of Cumin Powder
• 1/4 Tsp of Dry Ginger Powder
• 1 Cup of Instant Couscous
• 2 Cups of Water
• 1 Medium Size Red Onion, Sliced
• 10 Black Olives
• 2 Tbsp of Cottage Cheese
• Handful of Raisins
• Handful of Walnuts
• 1/4 Cup of Seedless Dates
• 1/4 Tsp of Brown Sugar
• Salt to taste

Method for Five Spice Moroccan Couscous Salad With Raisins & Nuts

• Heat a pan with oil in a medium heat, when it is hot, add couscous, turmeric powder, red chilly powder, cinnamon powder, cumin powder and dry ginger powder. Fry well in oil for 2 mins. Add water, bring it to boil, reduce the heat to low flame, cover and cook for 10 mins.
• Transfer this couscous to a serving bowl. To the couscous, add onion, black olives, raisins, dates, walnuts, cottage cheese, sugar and salt. Gently toss it with fork until everything combined well.
• Serve immediately.

Tips

• You can customize this salad recipe by adding chickpeas or black beans.
• Instead of water you can add vegetable broth.
• If you don’t have walnuts, add cashews or peanuts or almonds.



Tags: Five Spice Moroccan Couscous Salad With Raisins & Nuts, moroccan salad with couscous, couscous recipe, five spice

salad, how to make Five Spice Moroccan Couscous Salad With Raisins & Nuts, salad recipe with couscous, five spice couscous salad vegan planet