

Mexican bean salad

Food Foundations • another NAQ Nutrition program

Ingredients - Provides 20 portions

- Spray oil
- 6 corn cobs
- 750g tomatoes, diced
- 3 limes, squeezed
- 3 cups dry wholemeal couscous
- 3 cups boiling water
- 3 x 400g tin four bean mix, rinsed and drained
- 500g baby spinach leaves, roughly chopped
- 750g tomato salsa
- 1 ½ cups grated cheese



Method:

1. Preheat frypan and spray with oil. Cut the corn kernels from the cob and roast corn in the frypan, stirring constantly until it starts to brown. Remove from the heat allow to cool.
2. Combine the cooled corn and tomatoes in a bowl. Add lime juice and stir. Set aside.
3. Place couscous in a heatproof bowl. Pour over boiling water and cover with cling wrap. Set aside for 10 minutes then remove cling wrap and use a fork to fluff up the grains.
4. Add four bean mix and spinach to couscous.
5. Add the cooled corn mixture to the salad and stir.
6. Toss through the salsa as a dressing and serve with a sprinkle of grated cheese.

Food Group	Serves provided per portion
Vegetables	2.5
Grains (cereal) foods	0.85
Milk, yoghurt and cheese	0.25
Meat and alternatives	0.65