

BLACK BEAN AND CHICKPEA SALAD

PROVIDED BY THE FOOD BANK

Culinary Intro:	
Nutrition Intro:	Try using this plant-based salad as a side or a main dish.

<p>Prep Time: min Ingredients for 10 servings Each serving =1 cup Cost per serving= \$ Ingredients: Salad: 1 can (15-ounces) Black beans, no salt added, drained and rinsed 1 can (15-ounces) Chickpeas, drained and rinsed 1 bunch Green onions, chopped 4 each Tomatoes, chopped 1 each Large red onion, chopped 1 each Green bell pepper, chopped 1 bunch Parsley, finely chopped 1/4 cup Crumbled queso fresco Dressing: 2 each Limes, juiced 2 each Garlic cloves, minced 1/4 tsp Ground cumin 2 TBSP Extra-virgin olive oil TT Salt & freshly ground black pepper Steps: Dressing: 1. Combine all ingredients and whisk well to combine. Salad: 1. In a large bowl, combine the black beans, chickpeas, green onion, tomatoes, onion, bell pepper, and parsley. Pour dressing over and mix well. Garnish with queso fresco and enjoy!</p>	<p>Culinary/ Nutrition Notes for Demo:</p> <table border="1"> <tr> <td style="text-align: center; vertical-align: middle;">1</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> Make sure to rinse the beans beforehand to remove excess salt. <p>Nutrition:</p> <ul style="list-style-type: none"> Beans are a great source of fiber and protein. They may be counted as either a protein source or vegetable source. Beans can be used as a plant-based alternative to meat. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">2</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> The lime juice adds a kick to the taste of the salad. <p>Nutrition:</p> <ul style="list-style-type: none"> This salad is a tasty way to achieve painting half your plate with colorful vegetables. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">3</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> Demo chopping herbs <p>Nutrition:</p> <ul style="list-style-type: none"> The parsley and cloves add flavor without using additional salt or fats. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">4</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> <p>Nutrition:</p> <ul style="list-style-type: none"> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">5</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none"> </td> </tr> </table>	1	<p>Culinary:</p> <ul style="list-style-type: none"> Make sure to rinse the beans beforehand to remove excess salt. <p>Nutrition:</p> <ul style="list-style-type: none"> Beans are a great source of fiber and protein. They may be counted as either a protein source or vegetable source. Beans can be used as a plant-based alternative to meat. 	2	<p>Culinary:</p> <ul style="list-style-type: none"> The lime juice adds a kick to the taste of the salad. <p>Nutrition:</p> <ul style="list-style-type: none"> This salad is a tasty way to achieve painting half your plate with colorful vegetables. 	3	<p>Culinary:</p> <ul style="list-style-type: none"> Demo chopping herbs <p>Nutrition:</p> <ul style="list-style-type: none"> The parsley and cloves add flavor without using additional salt or fats. 	4	<p>Culinary:</p> <ul style="list-style-type: none"> <p>Nutrition:</p> <ul style="list-style-type: none"> 	5	<p>Culinary:</p> <ul style="list-style-type: none"> Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none">
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Nutrition Facts	
10 servings per container	
Serving size	1 Cup
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol < 5mg	1%
Sodium 150mg	6%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 76mg	8%
Iron 2mg	10%
Potassium 378mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Clean-up/Review comments

Culinary:

[Click here to enter text.](#)

Nutrition:

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 Chef's knife 3. 1 bowl for trash 4. 1 large mixing bowl 5. 1 serving dish for final presentation 6. mise en place cups 7. 1 electric skillet 8. 1 can opener 9. 1 strainer/ sieve 10. silicone spatula 11. measuring cups 12. measuring spoons 13. paper plates/ cups/ soufflé cups 14. tasting spoons 15. paper towels 16. tablecloth 17. kitchen towel 18. gloves 19. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> • Green onions • Tomatoes • Large red onion • Green bell pepper • Parsley • Queso fresco • Limes • Garlic <p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Black beans canned <input type="checkbox"/> Chickpeas canned <input type="checkbox"/> Ground cumin <input type="checkbox"/> Extra-virgin olive oil <input type="checkbox"/> Salt and pepper <p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> <p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Click here to enter text.
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe • Label all mise en place items • Make sure to leave a portion of the onion, garlic, celery, spinach, tomatoes and cilantro intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation:</p>	