

# **Black Bean and Millet Salad**

## Ingredients:

### Salad

cup millet, uncooked
cups water
cups black beans, cooked
large tomatoes, chopped
medium onion, chopped
medium cucumber, chopped
Dressing
'<sub>3</sub> cup water
tbsp. lemon juice
tbsp. balsamic vinegar
tsp. garlic, minced
'<sub>8</sub> tsp. salt
'<sub>2</sub> tsp. allspice
'<sub>4</sub> tsp. fresh ground black pepper
tsp. cumin





#### **Nutrition Facts** Serving Size 1 1/2 cup (340g) Servings Per Container 6 Amount Per Serving Calories 230 Calories from Fat 15 % Daily Value\* Total Fat 2g 3% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 65mg 3% 15% Total Carbohydrate 44g **Dietary Fiber 9g** 36% Sugars 5g Protein 10g Vitamin A 8% • Vitamin C 35% Calcium 4% • Iron 15% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Calories: 2, 2.000 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 20a 25c 300mg Cholesterol Less than 300mg Sodium Less than 2,400mg 2.400ma Total Carbohydrate 300g 375g . 25g Dietary Fiber 30a Calories per gram: Fat 9 • Carbohvdrate 4 • Protein 4

# **Directions:**

- 1. Cook the millet in water until water is absorbed, about 30 minutes. Fluff with fork and allow to cool.
- 2. In a large bowl, combine millet, black beans, tomatoes, and onion.
- Peel several strips from the cucumber (it should look striped) and cut it lengthwise into four pieces. Remove the seeds and cut into <sup>1</sup>/<sub>2</sub> inch slices.
- 4. Mix all dressing ingredients until well blended and pour over the salad, tossing to blend. Cover and refrigerate until the salad is well chilled. Serve on lettuce leaves.