

# Black Bean Salad with Sweet Walnuts

Tuscola Tech Center



## Ingredients

1 cup dry black beans  
2 cups chicken stock  
1 tbsp. diced yellow onion  
½ cup diced tomato  
¼ cup diced red onion  
1 cup cilantro chopped  
1 cup light sour cream  
1 tsp lime juice and zest  
1 tbsp. honey  
1 tbsp. olive oil  
1 tsp sugar  
3 oz. spring lettuce mix  
2 oz. candied walnuts

## Directions

Cook beans in chicken stock with yellow onion in a covered sauce pan. Bring to a boil and then simmer about 45 minutes. Mix cooled beans with tomato & red onion, add salt and pepper to taste. Place Sour cream, limes, honey, olive oil and sugar in food processor with cilantro. Pulse until well combined. Place lettuce on two plates, top with dressing and then bean salsa, garnish with candied walnuts.

**Nutritional Information**    2 servings  
**Calories per serving**    1275

<b>Total fat</b>	<b>35g</b>
Saturated Fat	8g
<b>Cholesterol</b>	<b>18mg</b>
<b>Sodium</b>	<b>1130mg</b>
<b>Total Carbohydrates</b>	<b>183g</b>
Dietary Fiber	32g
<b>Protein</b>	<b>71g</b>