Black Bean Salad

Recipes provided by…

Soybeans
Nebraska Soybean Board

INGREDIENTS…

1 Black soybeans (16 oz. can),
drained and rinsed
1 cup Drained canned or cooked corn kernels
1 cup Sliced celery
1/2 cup Diced sweet red peppers and green peppers
1/4 cup Sliced green onions and ripe olive
1/4 cup Soybean oil (vegetable oil)
1/4 cup White wine vinegar, each
3/4 tsp Salt
1/2 tsp Chili powder

Combine drained soybeans, corn, celery, sweet peppers, green onions, olives and hot peppers in a large bowl; toss to mix. Combine remaining ingredients in a small bowl and whisk to blend all ingredients or in a cruet and shake until blended. Freshly ground pepper to taste. Pour dressing over soybean mixture and marinate at least 1 hour. Makes 6 servings.

Per serving:
Calories: ................. 180
Protein: ................ 6.7 g
Carbohydrate: ...... 15.5 g
Total fat: ............. 10.8 g
Cholesterol: .......... 0 mg
Sodium: ............ 983 mg
Dietary Fiber: ........ 4.9 g

Eat well. Eat soy.

Quick Tip…
Like to pile high the toppings on those delicious nachos? Sprinkle on some soy crumbles to add a delicious bite of protein. Sprinkle soy “cheese” on top.

For more enjoyable soy recipes call 800-852-BEAN