

Cucumber and Black Bean Salad

This refreshing cucumber and black bean salad combines crisp cucumber, hearty black beans, and tangy feta cheese, all tossed in a zesty olive oil and vinegar dressing. Perfect for a summer lunch or a flavorful side dish, it's a nutritious option that can be enjoyed immediately or refrigerated for later.

Yield: 4 servings

Serving Size: 1 cup

Ingredients:

- 1 (15 oz) can black beans, no salt added, drained and rinsed
- 1 cucumber, rinsed, but not peeled
- 1/3 cup finely diced red onion (about ¼ onion)
- 1/2 cup cilantro, loosely packed and chopped
- 2 tbsp crumbled feta (optional)
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1/2 tsp ground cumin
- 1/8 tsp garlic powder
- 1/4 tsp salt
- Black pepper to taste

Instructions:

1. Soak the red onions in ice water for about 5 minutes to soften their flavor.
2. Dice the cucumber and red onion to a similar size as the black beans.
3. Mix together the olive oil, vinegar, cumin, garlic powder, salt, and black pepper in a small bowl.
4. Combine the black beans, cucumber, red onion, cilantro, and feta cheese in a large bowl.
5. Pour the dressing over the mixture and gently fold to combine.
6. Let the salad sit for 10 minutes. Serve immediately or refrigerate for up to 4-5 days.

Chef Tip: Make the salad vegan by skipping the feta cheese. Mix beans for variety

Per serving: Calories 183 kcal, Carbohydrates 21g, Protein 8 g, Sat Fat 2g, Sodium 340 mg, Added Sugars 0g

This recipe from: budgetbytes.com/cucumber-and-black-bean-salad/