

## Mexican Beans Salad

**Recipe Makes:** 2 servings

**Nutritional Value (per serving)**

**Calories:** 215 kcal      **Protein:** 9.1 g      **Carbohydrate:** 32.8 g      **Fat:** 7.8 g

### Ingredients

50 grams Kabuli Chana (White Chickpeas), boiled

25 grams Black Eyed Beans (Lobia), boiled

30 grams Rajma (Large Kidney Beans), boiled

¼ cup Green Bell Pepper (Capsicum), sliced

25 grams Sweet corn, boiled

¼ cup Iceberg lettuce, chopped

¼ cup Purple cabbage, chopped

1 Onion, chopped

1 tablespoon Extra Virgin Olive Oil

Vinegar, few drops

Salt, to taste

1 teaspoon Garlic, chopped

2 tablespoon Lemon juice

1 tablespoon Coriander (Dhania) Leaves, chopped

½ teaspoon Cumin seeds (Jeera), roasted

½ teaspoon Black pepper powder

½ teaspoon Cumin (Jeera) powder

1 tablespoons Tomato Ketchup



### Instructions

1. To begin making the salad, firstly add the boiled chickpeas, black eyed beans, kidney beans, capsicum, corn, purple cabbage and onion in a salad mixing bowl.
2. In a separate mixing bowl, add olive oil, vinegar, lemon juice, sugar, salt, garlic, coriander, cumin seeds, black pepper powder and tomato sauce and mix with a beater.
3. Pour this dressing on the bean salad and toss well and the salad is ready to be served.