



# MEDITERRANEAN ARUGULA BLACK BEAN SALAD

Yield: 6 Servings

## Ingredients

- 1 quart
- 1 cup
- ½ cup
- 2 tablespoons
- 4 tablespoons
- 3 oz.
- 35 each
- 2 teaspoons
- 2 tablespoons
- ½ teaspoon
- 2 tablespoons
- ½ tablespoon
- 2 tablespoons
- 2 cups
- ½ tablespoon
- ½ teaspoon
- ½ teaspoon

- Fresh Arugula
- Black Beans, drained
- Fresh Parsley, chopped
- Fresh Basil, chopped
- Feta Cheese, crumbled
- Pitted Kalamata Olives, chopped
- Cherry Tomatoes, cut in half
- Garlic Cloves, minced
- Lemon Juice
- Oregano Spice
- Olive Oil
- Green Onions Scallions, chopped
- Sesame Seeds
- Green Bell Peppers, diced
- Jalapeño Peppers, small dice
- Salt
- Black Pepper

## Nutrition Facts

<b>Serving size</b>	<b>7 oz. (201 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 4mg	<b>0%</b>
<b>Sodium</b> 507mg	<b>20%</b>
<b>Total Carbohydrate</b> 15g	<b>6%</b>
Dietary Fiber 6g	<b>20%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 2mg	10%
Potassium 462mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Procedures

1. In a large bowl, mix to combine all ingredients.
2. Chill prepared salad and enjoy!

