

# BLACK BEAN BULGUR SALAD

Preparation: 15 minutes | Cooking: 15 minutes | Servings: 4

## INGREDIENTS

1 can (15 ounces) black beans, rinsed and drained  
1 jalapeno pepper, seeded and minced  
2 cups vegetable broth  
1 cup bulgur  
1 cup frozen corn, thawed  
1 cup shredded carrots  
3/4 cup shredded Monterey Jack cheese  
1/4 cup orange juice  
1/4 cup lime juice  
3 tablespoons minced fresh cilantro  
2 tablespoons olive oil  
1/4 teaspoon ground cumin



## INSTRUCTIONS

Place bulgur and broth in a small saucepan; bring to a boil. Reduce heat; simmer, covered, until tender, 12-15 minutes. Transfer to a large bowl; cool slightly. For dressing, whisk together citrus juices, minced jalapeno, oil and cumin. Add 1/3 cup dressing to bulgur; stir in carrots and cilantro. To serve, divide bulgur mixture among 4 bowls. Top with beans, corn, cheese and, if desired, sliced jalapeno. Drizzle with remaining dressing.