

Northern Black Bean & Grain Salad



Nutrition Facts

Per serving (125 mL/4 oz)

Amount Per Serving

Calories 201 Calories from Fat 81
% Daily Value

Fat 9 g **14%**

Saturated Fat 1 g 5%

Trans Fat 0 g

Polyunsaturated Fat 5 g

Monounsaturated Fat 3 g

Cholesterol 0 mg **0%**

Sodium 383 mg **16%**

Potassium 260 mg **7%**

Total Carbohydrate 26 g **9%**

Dietary Fibre 3 g 12%

Sugars 3 g

Protein 6 g

Vitamin A 7% Vitamin C 19%

Calcium 3% Iron 9%

Thiamin 14% Riboflavin 5%

Niacin 9% Vitamin B6 12%

Folate 12% Vitamin B12 0%

Phosphorous 15% Zinc 8%



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STEP INSTRUCTIONS

- 1 Simmer wheat in water until tender but firm (at least one hour). Drain. Steam rice until cooked. Simmer wild rice until tender (about 45 minutes). Drain. Simmer barley until tender (about 20 minutes). Drain. Let these ingredients cool before mixing with remaining ingredients in Step 2.
- 2 Drain and rinse black beans. Prepare remaining ingredients in Step 2 as listed. Combine with grains and rice from Step 1.
- 3 Whisk dressing ingredients together. Combine with salad ingredients.

NOTES:

Substitution of pulses may occur. Prepare pulses as recommended on pages 9 and 10 of the Pulse Potential manual.

Substitution of grains may occur as well. Quick cook grains can be used instead of conventional method to shorten preparation time.

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

NUMBER OF SERVINGS

STEP	INGREDIENTS	50	100	250	500	
1	Wheat Berries, Dry	1 ½ cups (290 g)	580 g	1.5 kg	3 kg	
	Rice, Converted, Dry	1 cup (190 g)	380 g	950 g	2 kg	
	Wild Rice, Dry	1 cup (190 g)	380 g	950 g	2 kg	
	Pot Barley, Dry	1 ¼ cups (290 g)	580 g	1.5 kg	3 kg	
2	Black Beans, Canned	2 ½ cups (640 mL)	1.3 L	3 L	6 L	
	Green Onions, Fresh, Sliced Thinly	⅔ cup (70 g)	140 g	350 g	700 g	
	Red Peppers, Fresh, Small Dice	2 cups (300 g)	600 g	1.5 kg	3 kg	
	Raisins, Rinsed	1 cup (125 g)	250 g	640 g	1.25 kg	
	Cranberries, Dried	1 cup (125 g)	250 g	640 g	1.25 kg	
	Almonds, Sliced	1 cup (140 g)	280 g	710 g	1.4 kg	
	Sunflower Seeds	1 cup (205 g)	410 g	1 kg	2 kg	
	3	Canola Oil	1 cup (290 mL)	580 mL	1.5 L	2.9 L
		Soya Sauce	1 ½ cups (340 mL)	675 mL	1.7 L	3.4 L
		Lemon Juice	⅔ cup (170 mL)	340 mL	850 mL	1.7 L
Dijon Mustard		¼ cup (60 mL)	115 mL	290 mL	580 mL	
Minced Garlic		¼ cup (50 g)	100 g	200 g	500 g	