



Southwestern Black Bean Salad

This is a delicious high protein salad with some natural probiotics from the sauerkraut. Perfect to bring to work or on a picnic.

- 1 ½ cup cooked black beans or 1 can organic black beans
- 2 roasted red pepper diced (about 1 cup)
- 1 stalk celery diced
- ½ cup raw sauerkraut juice squeezed out
- 2 scallions thinly sliced
- ¼ cup apple cider vinegar
- ½ tsp Celtic sea salt
- 1/3 cup extra virgin olive oil
- 1 cup cilantro chopped

- In a medium bowl mix together the beans, red peppers, celery, sauerkraut and scallions
- In a small bowl dissolve salt in the vinegar.
- Whisk in the olive oil to create the dressing
- Pour dressing over the bean mixture
- Mix thoroughly.

- Add in the chopped cilantro
- Serve on a bed of lettuce or arugula