

Southwestern Black Bean Salad

This is a delicious high protein salad with natural probiotics from the sauerkraut. Perfect for a picnic or summer party.

1 ½ cup cooked black beans or 1 can (15 ounce) organic black beans, rinsed
2 roasted red peppers, peeled and seeded, cut into chunks (about 1 cup)
1 jalapeno pepper, seeded and diced (optional)
1 stalk celery diced
½ cup raw sauerkraut juice squeezed out
2 scallions thinly sliced
¼ cup apple cider vinegar
½ teaspoon Celtic sea salt
½ cup extra virgin olive oil
1 cup cilantro chopped

- In a medium bowl mix together the beans, red peppers, jalapeno celery, sauerkraut and scallions
- In a small bowl, dissolve salt in the vinegar.
- Whisk in the olive oil to make the dressing.
- Pour dressing over the bean mixture
- Mix thoroughly.
- Add the chopped cilantro.
- Taste to adjust seasoning
- Serve on a bed of lettuce or arugula