Culinary Delight

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Black Bean Green Salad with Avocado Creamy Dip – A Main Course Salad

Black beans or phenolus vulgaris; locally called kala ghevada, karuppu kaaramani or globally as turtle beans, caviar criollo, and frijoles negros.

A high-protein bean and veg salad served with avocado creamy dip-rich in combination protein, vitamins, minerals, and goodness of monounsaturated fatty acids (MUFAs)-rich healthy fats.

Ingredients: for the bean and veg salad

Black beans: 200 g

Basil: 25 g

Swiss chard: 25 g

Parsley: 25 g

Cherry tomatoes: 100 g

Onion: 75 g

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Green capsicum: 75 g

Bell peppers red and yellow: 250 g

Creamy avocado dressing

Curd: 200 g

Avocado: 100 g

1 tbsp honey + 1 tbsp cold pressed apricot seed oil + juice of one lemon

Seasoning dry mix: 1 tbsp cumin powder + 1 tbsp Italian herb mix + 1 tbsp pepper powder

Salt: as per taste

Preparation

- Deseed the fresh black bean pods.
- Pressure cook the beans in a cup of water with ginger, cumin seeds and salt to taste. The beans tenderize at 5 pressure whistles.
- Wash and cut the fresh vegetables in cubes and strips.
- Prepare hung curd by sieving fresh curds in a strainer.
- Deseed the avocado and mash it up to form a smooth paste.
- Make avocado curd dip: Mix hung curd, mashed avocado paste, cold pressed apricot seed oil, lime juice, honey, and dry mix seasoning powders.
- Add salt as per taste.
- In a serving bowl put the chopped veggies, black beans and add the wet and dry seasonings toss the ingredients well.
- Garnish the salad with mint leaves and serve the fresh salad with creamy avocado dip.

Recipe Nutrition Facts

This main course salad gives 254 calories and 13 g combination protein with rich supply of fiber, resistant starches, vitamins, minerals, beta-sitosterol and various antioxidants like carotenoids, glutathione, zeaxanthin, lutein, etc. This salad can be used to promote weight management as it gives satiety, heals the gut with supportive nutritional benefits. Its unique vitamin and mineral

combination with healthy carbohydrates, proteins, fats and fiber helps boost immunity and helps control blood sugar, blood pressures, and boost protective lipid balance cardioprotection.

Fiber :14 g (50% RDA)

Vit B5: 1.5 mg (30% RDA)

Vit B7: 6.7 µg (50% RDA)

Vit B9: 260 (90% RDA)

Vit C: 111 mg (125% RDA)

Vit K: 107 mcg (200% RDA)

Calcium: 116 mg (10% RDA)

Iron 5.7 mg (25% RDA)

Carotenoids: 3757 µg

Total MUFA: 8710 mg

Total PUFA: 1141 mg.

Suggested Reading

1. Buettner D, Skemp S. Blue Zones: Lessons from the World's Longest Lived. Am J Lifestyle Med. 2016;10(5):318-21.
2. Kreouzi M, Theodorakis N, Constantinou C. Lessons learned from Blue Zones, Lifestyle Medicine Pillars and Beyond: an update on the contributions of behavior and genetics to wellbeing and longevity. Am J Lifestyle Med. 2022;0(0). Available from: https://doi.org/10.1177/15598276221118494
3. Aliberti SM, Donato A, Funk RHW, Capunzo M. A narrative review exploring the similarities between Cilento and the already defined "Blue Zones" in terms of environment, nutrition, and lifestyle: Can Cilento be considered an undefined "Blue Zone"? Nutrients. 2024;16(5):729.

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