

Mayan Couscous

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-couscous-recipe>

Ingredients:

- 1 cup couscous
- 1/2 teaspoon ground cumin
- 1 teaspoon salt or to taste
- 1 1/4 cups boiling water
- 1 clove garlic unpeeled
- 15 ounces black beans rinsed and drained
- 1 cup whole kernel corn, drained canned
- 1/2 cup red onion finely chopped
- 1/4 cup chopped fresh cilantro
- 1 jalapeno pepper minced
- 3 tablespoons olive oil
- 3 tablespoons fresh lime juice or to taste

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 55 grams
3. Fat: 11 grams
4. Fiber: 10 grams
5. Protein: 12 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1010 milligrams
8. Sugar: 1 grams

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