



The Birkett Mills Recipes

The Birkett Mills © 2014

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Salads and Soups: Kasha & Black Bean Combo

Serves: 4 servings

Ingredients

2 cups cooked kasha (whole or coarse)
2 cups (8 oz.) white cheddar or Monterey Jack cheese
1 can (15 oz.) black beans, drained and rinsed
1/2 cup thinly sliced celery
1/2 cup diced sweet red pepper
1/4 cup diced green pepper
1/4 cup sliced green onions
1/4 cup chopped fresh basil
1/2 cup bottled Dijon vinaigrette
Fresh spinach
4 slices bacon, fried crisp and crumbled

Directions

Prepare kasha according to package directions, using chicken or vegetable broth. Cut cheese into 1/4-inch cubes.

In a large non-metal bowl, combine kasha, black beans, cheese, celery, peppers, onions and basil. Mix well, then add vinaigrette and toss. Cover and chill for at least 2 hours.

Before serving, add 2 cups fresh spinach cut into strips; toss. Arrange additional spinach leaves in salad bowl or on platter. Top with salad and sprinkle with bacon.