



## The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

## Salads and Soups: Kasha And Black Bean Salad

*Serves: 4-6 people*

### Ingredients

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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

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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.