

Cassava & Bean Salad (Escabeche)

This salad or escabeche is a great source of fiber, resistant carbohydrates and vegetable protein. Making it a great alternative for a side dish, Vegan meal or as a Daniel's fast recipe.

Be sure to consult with a trusted medical practitioner before starting any new diet regimens.

Esta receta esta llena de fibra, carbohidratos resistentes y proteina vegetal. Haciendola una buena alternativa como acompanante, una comida vegana o para el ayuno de Daniel.

Consulte a su medico antes de comenzar cualquier regimen de dieta.

Yamira Lee Johnson

Certified Holistic Coach & Wellness Chef





Cassava & Bean Salad (Escabeche)

4 servings

20 minutes

Ingredients

2 cups Cassava Frozen Yucca (Boil frozen yucca with salt for 12 minutes or until fork tender.)

1 cup Chickpeas (Soak dry chickpeas for an hour. Then cook until tender)

1 cup Dry Green Lentils (Soak dry lentils for half hour, cook until tender and add salt.)

1 cup Cannellini Beans (Soak dry beans for an hour. Cook until tender and add salt.)

2 tbsps Parsley (Fresh or Dry)

1 tsp Oregano

1 tbsp Garlic Raw (1 clove if fresh. 1 tsp if powder)

2 tbsps Avocado Oil (or Extra Virgin Olive Oil)

1 tbsp Balsamic Vinegar (Use white, balsamic or apple cider vinegar.)

1 tsp Pink Himalayan Salt (or Sea salt)

2 tbsps White Onion (Diced.)

2 tbsps Red Bell Pepper Raw (Diced)

1 tsp Black Pepper

Directions

1

Add yucca to 6 cups of water with 1 tablespoon of salt and bring to a boil. Cook yucca roots in water and salt until fork tender. xxxxx Anada la yuca a 6 tazas de agua con 1 cucharada de sal y hierva. Cocine la yuca hasta que este tierna. Pruebe con un tenedor.

2

Remove yucca from the water and place in a bowl. xxxxx Remueva la yuca del agua y coloque en un recipiente hondo.

3

For more Iron, Omega 3's and antioxidants, sprinkle with chia seeds. Let it rest for 30 minutes and serve as a vegan meal or side dish. xxxxx Para mas Omega 3 y antioxidantes anada semillas de chia. Deje reposar por 30 minutos. Sirva como acompañante or como plato principal vegano.

4

In a pan add oil, vinegar, onions, garlic salt, pepper, oregano, garlic and cook for 10 minutes medium temperature. Then add beans, olives, red pepper and season to taste. Mix well and turn heat off. Pour mix over yuca, mix well and let it rest for 30 minutes. xxxxx En una olla honda agregue aceite de aguacate o oliva, vinagre, cebolla oregano, ajo y hojas de laurel y cocine por 10 minutos a fuego mediano. Luego anada aceitunas y pimientos, las habichuelas (granos) y mezcle bien. Apague la temperatura, vierta la mezcla sobre la yuca, mezcle y deje reposar por 30 minutos

Nutrition

Amount per serving	
Calories	449
Fat	19g
Polyunsaturated	2g
Monounsaturated	5g



Carbs	77g
Fiber	11g
Sugar	6g
Protein	18g
Cholesterol	11mg
Sodium	989mg
Potassium	716mg
Vitamin A	248IU
Vitamin C	16mg
Calcium	163mg
Iron	7mg
Vitamin D	0IU
Vitamin E	0mg
Thiamine	0.5mg
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	304µg
Vitamin B12	0µg
Phosphorous	210mg
Magnesium	46mg
Zinc	2mg
Selenium	2µg