



# Rice and Bean Salad

Servings 6 | Prep time 20 mins. | Total time 20 mins.

## Equipment:

Cutting board  
Large bowl

## Utensils:

Knife  
Mixing spoon  
Whisk or fork  
Measuring cups and spoons

## Ingredients

1 cup brown rice, cooked and cooled  
1 medium tomato, chopped  
2 medium carrots, grated  
2 tablespoons onion, finely chopped  
1 1/4 cups frozen corn OR 1 15 ounce can no salt added corn, drained and rinsed  
1 green bell pepper, diced  
1 15 ounce can no salt added black beans, drained and rinsed  
1/4 cup lime juice  
1/4 cup olive oil OR vegetable oil  
1/2 teaspoon salt (optional)  
1/2 teaspoon black pepper

# Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Using a fork or whisk, mix together lime juice, oil, black pepper, and salt (if using), in a large bowl.
3. Add remaining ingredients to the dressing and stir to combine.
4. Refrigerate at least 30 minutes before serving to let flavors blend.

## Nutritional Information:

Calories 220 Total Fat 10g Sodium 400mg Total Carbs 30g Protein 6g