



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

Nutritional Information:

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

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.