



# Rice and Bean Salad

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

Equipment: Cutting board, Large bowl, Small bowl

Utensils: Knife, Mixing spoon, Whisk or fork

## Ingredients

- 1 cup brown rice, cooked and cooled
- 1 cup tomatoes, chopped (about 1 medium)
- 2 medium carrots, chopped or grated
- 2 tablespoons onion, finely chopped
- 1 cup corn, frozen
- 1 cup green bell pepper, diced
- 1 15 ounce can black beans, drained and rinsed
- 1/4 cup lime juice
- 1/4 cup oil, vegetable or canola
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

## Instructions

1. Before you begin wash your hands, surfaces, utensils and vegetables.
2. Cut up the carrots, bell pepper, onion and tomato. Put the vegetables in large bowl
3. Add frozen corn, drained and rinsed black beans, and rice to the bowl.
4. Using a whisk or fork, mix together lime juice, oil, salt, and pepper in a small bowl. Pour over rice and veggie mixture and stir gently to combine.
5. 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