



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

Ingredients

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

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Using a fork or whisk, whisk together lime juice, oil, salt (if using) and pepper 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