



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

