



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, cook and cooled
1 cup tomatoes, chopped
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. Once chopped, Place vegetables in a large bowl.
3. Add corn, black bean, 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