



A Nutrition Resource

TANGY BLACK BEAN AND RICE SALAD

Yield: 3 Servings | Serving Size: 1 cup

Cost/serving: \$0.93

Ingredients:

For Salad

- 1/2 cup chopped onion
- 1/2 cup chopped red or green bell pepper
- 1 cup cooked and cooled brown rice
- 2 cups cooked black beans (or 1 15-ounce can black beans, drained and rinsed well)
- 1 avocado, cut into chunks (optional)
- 1 Tablespoon chopped cilantro (optional)
- 1/2 teaspoon chili pepper flakes (optional)

For Dressing

- 1/4 cup rice vinegar or white wine vinegar or lemon juice
- 1/2 teaspoon dry mustard powder (optional)
- 1 clove garlic, chopped or 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 Tablespoon vegetable oil

Directions:

- 1) In a mixing bowl, stir together onion, red or green pepper, rice, beans, avocado, cilantro (if using), and chili pepper flakes (if using).
- 2) In a jar with a tight-fitting lid combine vinegar, dry mustard, garlic, salt, pepper, and vegetable oil. Shake until dressing is evenly mixed.
- 3) Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a main dish.

Nutrition Facts

3 servings per container	
Serving size	1 cup (258g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 47g	17%
Dietary Fiber 12g	43%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 3mg	15%
Potassium 556mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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EXTENSION



Tips: Yellow or orange peppers can be used instead of green, or red. Frozen or canned corn can also be added for color. Always rinse canned beans and vegetables or reduce sodium content.

Note: Cooked brown rice is preferred, but cooked white rice may be substituted.

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