

Recipe of the Month - September 2016

Confetti Rice and Bean Salad

Serves 6

Serving Size: 3/4 cup

Ingredients:

- 1 cup instant brown rice, uncooked
- 1 cup chopped tomatoes (about 1 medium)
- 2 medium carrots, finely chopped or grated
- 2 Tablespoons onion, finely chopped
- 1 cup frozen corn
- 1 can (15 ounces) black beans, drained and rinsed
- 1/4 cup lime juice
- 1/4 cup oil (canola vegetable, or olive)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



Make MyPlate Your Plate

Directions:

1. Cook rice according to package directions and let cool.
2. While rice is cooling, wash and cut up the tomato, carrots, and onion. Put them into a large bowl.
3. Add frozen corn to the bowl.
4. Drain and rinse black beans and add to the bowl.
5. Add cooled rice to the bowl.
6. In a small bowl, whisk together the lime juice, oil, salt, and pepper. Pour this over rice and veggie mixture and stir gently to combine.
7. Refrigerate at least 30 minutes before serving to let flavors mingle.

NUTRITION FACTS PER SERVING: 260 calories, 11g total fat (1g sat. fat), 0 mg cholesterol, 310 mg sodium, 36 g carbohydrates, 7 g fiber, 3 g sugar, 7g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2016 Nutrition & Fitness Calendar*