

Black Bean and Rice Salad

Full of protein, fiber, and flavor, this salad works well as a side dish or stands alone as a main dish. It can also be made ahead of time and refrigerated.

Makes: 3 servings

Prep Time: 1 hour, 20 minutes

Source: myplate.gov

Ingredients

- 1/2 cup onion (chopped)
- 1/2 cup bell pepper (green or red, chopped)
- 1 cup brown rice (or white rice, cooked and cooled)
- 1 can low-sodium black beans (15 ounce, drained and rinsed)
- 1/4 cup rice vinegar (or white wine vinegar or lemon juice)
- 1/2 teaspoon mustard powder (optional)
- 1 clove garlic (chopped, or 1/2 teaspoon garlic powder)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons vegetable oil

Directions

1. Wash hands with soap and water.
2. In a mixing bowl, stir together onion, red or green pepper, rice and beans.
3. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.
4. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	520
Total Fat:	12 g
Saturated Fat:	2 g
Cholesterol:	0 mg
Sodium:	688 mg
Total Carbohydrates:	87 g
Dietary Fiber:	17 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	18 g

Utensils Needed

- Can opener
- Measuring cups
- Measuring spoons
- Cutting board
- Sharp knife
- Mixing bowl
- Colander
- Jar with tight fitting lid

SHOPPING LIST

SAVE TIME, SAVE MONEY

Average total cost without oil and seasonings: \$6.07

Average cost/serving: \$2.02

Recipe makes: 3 servings (1 cup each)

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Bell Pepper (green or red)



Add 1 to Cart
Garlic



Add 1 to Cart
Brown Rice



Add 1 to Cart
Can Black Beans (15 ounce)



Add 1 to Cart
Onion

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes:

- Freeze leftover cut up onion and bell peppers for use in other meals (make sure they are dry first).
- Use dry beans in place of canned beans to save money.
- Read the nutrition facts label to look for black beans that are lower in sodium when choosing canned. Make sure to drain and rinse your canned beans.