



Black Bean and Brown Rice Salad

Makes 4 Servings

Fresh cilantro adds its clean taste and lime juice provides a tangy zing to this fiber-rich salad.

1 10-ounce package frozen brown rice
1 15-oz can no-salt-added black beans
2 medium avocado
4 medium green onions
1 medium tomato
6-7 sprigs fresh cilantro
2 tablespoons fresh lime juice
2 teaspoons olive oil (extra-virgin preferred)
¼ to ½ teaspoon hot sauce, or to taste
¼ teaspoon salt

Prepare the rice using the package directions. Spread in a single layer on a baking sheet to cool quickly (about 10 minutes).

Meanwhile, rinse and drain the beans. Pour into a medium bowl.

Chop the avocado and green onions. Dice the tomato. Snip the cilantro. Stir into the beans. Stir in the lime juice, oil, hot sauce, and salt.

Stir in the cooled rice. Serve immediately for peak flavor and texture or cover and refrigerate for up to 4 hours.

Cook's Tip: Frozen brown rice is already cooked and has no added sodium or fat. After just a few minutes in the microwave or on top of the stove, it is ready to use. When you want a change of flavor, substitute barley, bulgur, whole-grain pasta, or any other whole grain for the brown rice in this very versatile salad.

Nutritional Analysis

One Serving = 1 ½ cups

Calories 286

Fat 10g

Saturated Fat 1.5g

Trans Fat 0g

Polyunsaturated Fat 1.0g

Monounsaturated Fat 6.5g

Cholesterol 0mg

Sodium 161mg

Carbohydrates 41g

Fiber 10g

Sugars 6g

Protein 9g

Dietary Exchanges: 2 1/2 starch, 1 vegetable, 1 1/2 fat