Confetti Rice and Bean Salad  
Makes 6 servings

Ingredients:
1 cup instant brown rice, uncooked
1 cup tomatoes, chopped (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 ground black pepper

Directions:
1. Cook rice according to package directions and let cool.
2. Wash and cut up the tomato, carrots, and onion while rice is cooling. Put the vegetables 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. Whisk together the lime juice, oil, salt, and pepper in a small bowl. Pour this over rice and veggie mixture and stir gently to combine.
7. Refrigerate at least 30 minutes before serving to let flavors mingle.

Tips:
Add color and flavor with 1 teaspoon cumin, 1 tablespoon dried parsley, or 3 tablespoons fresh parsley (minced).
This keeps 4 days in the refrigerator.
Use as a side dish, pita or tortilla filling, dip for tortilla chips, or filling for a lettuce wrap.
Substitute one can of corn for frozen corn.
Add one cup of cooked meat, chicken, or fish for variety.

Source: Cornell University Cooperative Extension – Iowa State Extension.
Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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