



Rice and Bean Salad



Prep time: 10-15 minutes Cook time: 20 minutes

Dressing

- 1/4 cup red wine vinegar
- 11/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 11/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

- Wash hands with warm 1. water and soap, scrubbing for at least 20 seconds.
- 2. Rinse cilantro and jalapeno under cool running water and pat to dry.
- **3.** In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
- 4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
- 5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
- 6. Store leftovers in the refrigerator within two hours.

Makes 7 servings Serving size: 11/2 cup Cost per recipe: \$14.01 Cost per serving: \$2.00



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Nutrition facts per serving:

350 calories; 18g total fat; 1.5g saturated fat; Og trans fat; Omg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; Og added sugars; 10g protein; 0% Daily Value of vitamin D: 6% Daily Value of calcium: 15% Daily Value of iron: 18% Daily Value of potassium

Source:

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