

Prep time: 10 minutes

Cook time: 25 minutes

Serves: 3

Cost per Serving: \$0.56

**Utensils Needed:**

Measuring cups

Measuring spoons

Spoon

Knife

## Black Bean and Rice Salad

**Ingredients:**

1 cup cooked and cooled brown rice

1 cup chopped onion

1/4 cup chopped green bell pepper

1/4 cup chopped red bell pepper

1 can (15 ounce) drained and rinsed black beans

**Dressing:**

1/4 cup white wine vinegar or lemon juice

1/2 teaspoon dry mustard powder

1 chopped garlic clove or 1/2 teaspoon garlic powder

2 Tablespoons vegetable oil

1/4 teaspoon pepper

1/4 teaspoon salt (optional)

**Directions:**

1. In a mixing bowl, stir together rice, onion, red or green pepper, and beans.
2. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, vegetable oil, salt, and pepper. Shake until dressing is evenly mixed.
3. 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.

| NUTRITION FACTS    |        |
|--------------------|--------|
| Serving Size       | 1 cup  |
| Calories           | 290    |
| Fat                | 7 g    |
| Cholesterol        | 0 mg   |
| Sodium             | 830 mg |
| Total Carbohydrate | 38 g   |
| Dietary Fiber      | 6 g    |
| Protein            | 10 g   |

Serve with: Fresh Fruit

