

Bean, Rice and Corn Salad



Ingredients

750 mL	cooked white pea beans or canned	3 cups
250 mL	cooked brown rice	1 cup
250 mL	frozen corn, cooked	1 cup
1	sweet red pepper, diced	1
1	stalk celery diced	1
1/2	red onion, diced	1/2
1	small jalapeno, minced (optional)	1
125 mL	chopped cilantro	1/2 cup
	cherry tomatoes (optional)	

Vinaigrette:

	juice of 2 limes	
50 mL	vegetable oil	1/4 cup
15 mL	chili powder	1 tbsp
5 mL	cumin	1 tsp

Directions

In a large bowl, combine all salad ingredients. Set aside. To make the vinaigrette, combine the lime juice, vegetable oil, chili powder and cumin in a small jar with a tight-fitting lid. Shake well. Toss salad with dressing. Season with salt and pepper to taste. Garnish with additional cilantro and cherry tomatoes if desired.

Yield: 6-8 servings

Nutrition information:

Per serving (1/8 recipe)

Energy	216 kcal
Protein	8 g
Carbohydrates	32 g
Total Dietary Fibre	7 g
Fat	7 g
(28% calories from fat)	

Source: www.ontariobean.on.ca/recipe-library/ Reprinted with permission from the Ontario Bean Growers.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca

