

Bean, Rice and Corn Salad

Serves 6-8

In the summer salads make a great main dish. This easy to prepare salad is packed with fiber, protein, and folate.

For the Salad:

- 1 cup cooked brown rice or brown and wild rice
- 1 – 540 ml (19 oz.) can black beans, drained and rinsed
- 1 – cup fresh or frozen corn kernels
- 1 medium sweet red bell pepper, diced
- 1 large celery ribs, diced
- 1 small shallot or red onion, diced
- 1 small jalapeno pepper, minced (optional)
- 1 cup grape tomatoes, cut in half
- 1/4 up minced cilantro

For the Dressing:

- 2 limes, zested and juiced
- 1/4 cup olive oil
- 1 tablespoon chili powder
- 1 teaspoon ground cumin

In a large bowl, combine beans, rice, corn, red pepper, celery, onion, and jalapeno.

In a jar with a lid, combine lime juice and zest, oil, chili powder and cumin. Shake well to combine.

Toss salad ingredients with dressing. Mix well and season with salt and pepper, to taste. Refrigerate for at least 1 hour before serving, or even overnight. Garnish with additional cilantro and tomatoes before serving if desired.