

Black Bean and Rice Salad

Serves 3

Ingredients:

- 1/2 cup onion (chopped)
- 1/2 cup bell green or red pepper, chopped
- 1 cup brown or white rice, cooked and cooled
- 1 15 oz can black beans, drained and rinsed
- 1/4 cup rice vinegar, white wine vinegar or lemon juice
- 1/2 teaspoon mustard powder
- 1 clove garlic, chopped (or 1/2 teaspoon garlic powder)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons vegetable oil



Directions:

1. In a mixing bowl, stir together onion, red or green pepper, rice and beans.
2. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. 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	
3 servings	
Serving size	1 cup (289g)
Amount per serving	
Calories	520
	% Daily Value*
Total Fat 12g	
Saturated Fat 2g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 688mg	
Total Carbohydrate 87g	
Dietary Fiber 17g	
Total Sugars 3g	
Includes 0g Added Sugars	
Protein 18g	
Vitamin D 0mcg	
Calcium 114mg	
Iron 5mg	
Potassium 823mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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