

Healthy Eating

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Black Bean & Rice Salad

Serving size: 1 cup; Yield: 3 servings

Alice's Note: This is a great basic recipe — adjust the ingredients according to your preferences. For example, include fewer onions if you prefer. (I enjoy using a sweet onion in this recipe.) Instead of making a dressing, you might substitute 1/3 cup of your favorite oil and vinegar dressing. I tossed in a cup of chopped tomatoes when I made this salad. If you cook your own beans, substitute 1-1/2 cups of beans for 1 can (15 ounce) of drained and rinsed black beans.

- 1/2 cup chopped onion
- 1/2 cup chopped green or red bell pepper
- 1 cup cooked and cooled brown or white rice
- 1 can (15 ounce) drained and rinsed black beans

Dressing:

- 1/4 cup rice vinegar or white wine vinegar or lemon juice
- 1/2 teaspoon dry mustard powder (optional)
- 1 chopped clove garlic or 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons vegetable oil

Instructions:

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.

Source: Adapted from: *Montana Extension Nutrition Education Program Website Recipes, Montana State University Extension Service* (<http://www.montana.edu/nep/recipes.htm>) and available at *Food Stamp Nutrition Connection Recipe Finder* at <http://recipefinder.nal.usda.gov>

Alice's Tip: Save time and prepare your rice earlier in the day or the day before. The USA Rice Federation (<http://www.usarice.com>) states "Cooked rice may be stored in the refrigerator for 3 to 5 days." Refrigerate rice in shallow pans; avoid leaving rice at room temperature more than two hours, total time.



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