Fiesta Rice Salad (Serves 4)

Recipe Source: Connecticut Food Policy Council

Ingredients:
1 15-oz. can low-sodium beans (kidney, black, etc.), drained, rinsed
1 cup brown rice, cooked
1 carrot, shredded
1 cup broccoli, chopped fine
1 small red onion, chopped
1 medium or large tomato, chopped
1 bell pepper (sweet, green, red, or yellow)
2 tablespoons cilantro or other fresh herbs, chopped fine
2 tablespoons red wine vinegar (or white or cider)
1 tablespoon vegetable oil
Salt and pepper to taste (optional)

Directions:
• Wash and chop vegetables and mix with cooked rice.
• In a small bowl, add vinegar, oil, dill, salt and pepper. Pour over rice mixture.
• Add beans and toss well. Serve cold and enjoy!

Nutritional Information: Serving size: ¼ recipe; Calories: 210; Total fat: 4g; Saturated fat: 1g; Cholesterol: 0mg; Sodium: 26mg; Carbohydrate: 35g; Fiber: 9g; Total Sugars: 4g; Added Sugars: 0g; Protein: 9g