Dinner Tonight!
Spicy Confetti Brown Rice

½ cup diced and seeded tomatoes
½ medium yellow or red onion, diced
½ small fresh jalapeno (optional)
3 cups cooked brown rice (chilled)
½ cup canned corn
½ cup black beans
1 Tablespoon ground cumin
1 teaspoon pepper
2 cups salsa
¼ cup fresh cilantro

Wash hands and cooking area. Clean the tops of canned food items before opening them. Wash and cut all of your vegetables and put them in a large mixing bowl. Add in the rice, corn, beans, cumin, salt, and pepper. Cover and refrigerate for 45 minutes or overnight. Just before you serve the salad, toss in the salsa and cilantro. Serve cold.

Preparation Time: 20 minutes
Chill Time: 45 minutes
Serves: 12

Nutrition facts per serving:
Calories: 110
Total Fat: 1 g
Cholesterol: 0 mg
Sodium: 450 mg
Total Carbohydrate: 23 g
Protein: 3 g