Prep time: 10 minutes
Cook time: 25 minutes
Serves: 3
Cost per Serving: $0.56

Utensils Needed:
Measuring cups
Measuring spoons
Spoon
Knife

Black Bean and Rice Salad

Ingredients:
1 cup cooked and cooled brown rice
1 cup chopped onion
1/4 cup chopped green bell pepper
1/4 cup chopped red bell pepper
1 can (15 ounce) drained and rinsed black beans

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

Directions:
1. In a mixing bowl, stir together rice, onion, red or green pepper, and beans.
2. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, vegetable oil, salt, and pepper. 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.

Serve with: Fresh Fruit

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>290</td>
<td>7 g</td>
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<td>830 mg</td>
<td>38 g</td>
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