

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Southwest Rice and Bean Salad

Adapted from www.mykitchencafe.blogspot.com

5 cups cooked brown rice, warm or at room temperature*
1-2 teaspoons salt (to taste)
1 (16-oz) can black beans, drained and rinsed
1 (16 oz) can pinto beans, drained and rinsed
2 cups cooked, cubed chicken
1 (12 oz) can corn, drained
4 green onions, chopped

Dressing:

¼ cup fresh lime juice
2 tablespoons red wine vinegar
2 tablespoons sweetener (You can use honey or sucanat which is dried whole sugar cane juice made by Wholesome Sweeteners that can be found at Dierbergs.)
2/3 cup canola oil
4 pickled jalapeno pepper rounds
2 teaspoons chili powder
1 teaspoon cumin

Combine all of the salad ingredients together in a large bowl. Combine dressing ingredients in blender until peppers are finely minced. Toss with salad. Serve warm or at room temperature.

*Look at the past recipe of the week for fool-proof brown rice. You can always double it and freeze what you don't use for a later meal.