

Black Bean and Rice Salad

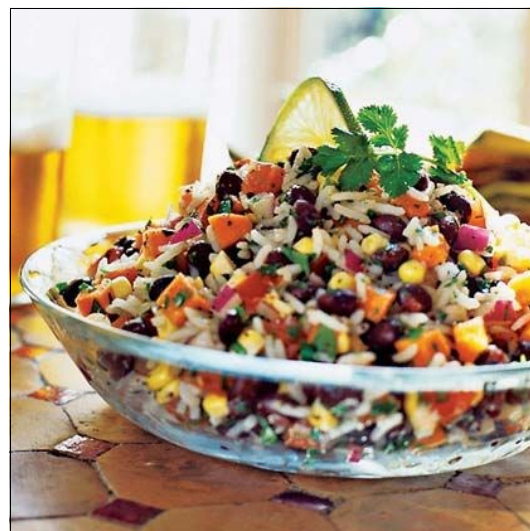
Number of Servings: 3

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
- One (15-ounce) can unsalted black beans, rinsed and drained
- Dressing:
 - 1/4 cup white wine vinegar or lemon juice
 - 1/2 teaspoon dry mustard powder
 - 1 garlic clove, chopped (or 1/2 teaspoon garlic powder)
 - 2 Tablespoons canola oil
 - 1/4 teaspoon ground black pepper
 - 1/8 teaspoon salt (optional) 1/4 cup walnuts chopped (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.



Family Conversation Starter:

If you could eat one food for the rest of your life, what would it be?

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