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## **Bean, Rice and Corn Salad**

**Serves 8**

*An excellent source of Folate. A good source of Vitamin A, C, Thiamin and Iron.*

3 cups (750 ml) cooked White Pea Beans  
1 cup (250 ml) cooked brown rice  
1 cup (250 ml) frozen corn, cooked  
1 sweet red pepper, diced  
1 stalk celery, diced  
½ red onion, diced  
small jalapeno, minced (optional)  
chopped cilantro

### **Vinaigrette Dressing:**

juice of 2 limes  
¼ cup (50 ml) vegetable oil  
1 tbsp (15 ml) chili powder  
1 tsp (5 ml) cumin

### **Directions:**

In a large bowl, combine all salad ingredients. Set aside. To make the vinaigrette, combine the lime juice, vegetable oil, chili powder and cumin in a small jar with a tight-fitting lid. Shake well. Toss salad with dressing. Season with salt and pepper to taste. Garnish with additional cilantro and cherry tomatoes if desired.

### **Nutritional Facts per serving**

Energy 216 kcal, Sodium 19 mg, Carbohydrates 32 g, Protein 8 g, Total Dietary Fibre 7 g

Note: Dry Beans are an unprocessed product. Although we carefully clean all beans, stones and natural debris may be present. Please SORT and rinse beans prior to cooking.

*Recipe compliments of OntarioBeans.on.ca*