



Category (Salads)

Southwest Rice & Bean Salad with Sweet & Spicy Dressing

Submitted by (Kathy Worrell)

Recipe

Salad

5 cups cooked rice, warm or at room temperature
(white, brown, wild rice or a combination)
2 tsp. salt
1 (15 oz.) can black beans, drained & rinsed
1 (15 oz.) can pinto beans, drained & rinsed
2 cups cooked, cubed chicken
1 (12 oz.) can corn, drained, or frozen corn, thawed
4 green onions, chopped

Dressing

¼ cup fresh lime juice
2 T red wine vinegar
2 T packed brown sugar
2/3 cup canola oil
4 pickled jalapeno pepper rounds
2 tsp. chili powder
1 tsp. 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.

Grocery List

Rice
1 can black beans
1 can pinto beans
2 cups chicken
1 can corn, or frozen corn
Green onions
Limes
Red wine vinegar
Brown sugar
Canola oil
Pickled jalapeno pepper rounds
Chili powder
Cumin

Side dish

Tips/Helpful hints

Yield: 8-10 servings

I don't like the heat of jalapeno peppers, so I left them out of the dressing.