



Bean and Rice Salad



Ingredients



- 2 cups cooked brown rice
- 2 cups black beans
- 2 cups pinto beans
- 2 cups garbanzo beans
- 1/2 cup red onion
- 1/2 cup chopped cilantro
- 1 jalapeno
- 2 Tbsp red wine vinegar
- 2 Tbsp olive oil
- 2 Tbsp honey
- Salt and pepper to taste



Directions



1. Combine rice, beans, onion, cilantro and jalapeno in a large bowl
2. Combine vinegar, oil, honey, salt and pepper in a container and shake up in a jar, or whisk in a bowl.
3. Top bean mixture with dressing
4. For best results and flavor refrigerate for an hour prior to serving
5. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Bean and Rice Salad



Ingredients



- 2 cups cooked brown rice
- 2 cups black beans
- 2 cups pinto beans
- 2 cups garbanzo beans
- 1/2 cup red onion
- 1/2 cup chopped cilantro
- 1 jalapeno
- 2 Tbsp red wine vinegar
- 2 Tbsp olive oil
- 2 Tbsp honey
- Salt and pepper to taste



Directions



1. Combine rice, beans, onion, cilantro and jalapeno in a large bowl
2. Combine vinegar, oil, honey, salt and pepper in a container and shake up in a jar, or whisk in a bowl.
3. Top bean mixture with dressing
4. For best results and flavor refrigerate for an hour prior to serving
5. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



This Recipe Provides



Fiber



Low Fat



Protein



Iron

Cooking Tips



- Sub out or add any other type of canned beans
- Switch it up! Sub rice for another type of whole grain, like quinoa or barley

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Nutrition Facts



Nutrition Facts

Serving Size (172g)
Servings Per Container 10

| Amount Per Serving | | Calories from Fat 65 | |
|---------------------------|--------|----------------------|------------|
| | | % Daily Value* | |
| Calories | 589 | | |
| Total Fat | 7.3g | | 11% |
| Saturated Fat | 1.1g | | 6% |
| Trans Fat | -1g | | |
| Cholesterol | -1mg | | 0% |
| Sodium | 19mg | | 1% |
| Total Carbohydrate | 105.6g | | 35% |
| Dietary Fiber | 20.3g | | 81% |
| Sugars | 9.6g | | |
| Protein | 27.3g | | 55% |
| Vitamin A | 2% | Vitamin C | 8% |
| Calcium | 15% | Iron | 40% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |



Fast Facts



This Recipe Provides



Fiber



Low Fat

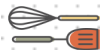


Protein



Iron

Cooking Tips



- Sub out or add any other type of canned beans
- Switch it up! Sub rice for another type of whole grain, like quinoa or barley

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Nutrition Facts



Nutrition Facts

Serving Size (172g)
Servings Per Container 10

| Amount Per Serving | | Calories from Fat 65 | |
|---------------------------|--------|----------------------|------------|
| | | % Daily Value* | |
| Calories | 589 | | |
| Total Fat | 7.3g | | 11% |
| Saturated Fat | 1.1g | | 6% |
| Trans Fat | -1g | | |
| Cholesterol | -1mg | | 0% |
| Sodium | 19mg | | 1% |
| Total Carbohydrate | 105.6g | | 35% |
| Dietary Fiber | 20.3g | | 81% |
| Sugars | 9.6g | | |
| Protein | 27.3g | | 55% |
| Vitamin A | 2% | Vitamin C | 8% |
| Calcium | 15% | Iron | 40% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |