

Whole Grain Lunch/Dinner Recipe

Rice Cooker

Southwestern Salad with Chipotle Dressing



Ingredients	Approx. Cost.*
2 rice-cups brown rice (1 ½ measuring cups)	\$1.49
2-15 oz cans black beans, drained and rinsed	\$1.78
1 large red pepper, chopped	\$1.99
1 small red onion, chopped	\$.99
1 avocado, chopped	\$1.00
1 cup cilantro, chopped	\$.99

Dressing:

1/3 cup olive oil	\$2.00
4 Tablespoons freshly squeezed orange juice, about 2 oranges	\$2.00
½ of one canned chipotle chili in adobe sauce, finely chopped, plus 1 teaspoon of adobe sauce	\$.55
Seasonings: 2 Tablespoons red wine vinegar, 1 teaspoon cumin, 1 teaspoon chili powder, salt and pepper	\$1.25**
Total	\$14.04

of servings: 12 – 1 cup servings . **Cost per serving: \$1.17**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: For the dressing: Whisk all ingredients together and set aside. For the salad: Pour rice into rice cooker, add water to the "2" line and a pinch of salt. Cook until lever pops. Put rice, beans, peppers and onion in a large bowl. Add half of the dressing, toss, add the avocados and cilantro, more of the dressing (to taste), salt and pepper (also to taste) and gently toss. Serve.

Nutritional Information per 1 cup serving

Calories	271
Total Fat	9 g
Saturated Fat	1 g
% of daily total	4.5 %
Carbohydrates	40 g
Protein	9 g
Fiber	9 g

	% of daily total	
Vit A	4	%
Vit C:	31	%
Calcium:	4	%
Iron	13	%
Good source of*	Vitamin C, Iron, Vitamin E, Magnesium, Potassium, Zinc and B vitamins	
*(10% or more of the RDA)		

based on 2000 calorie diet

