



Spicy Confetti Rice

Prep Time: 20 minutes

Chill Time: 45 minutes

Cost per serving: \$0.28

What you need:

Utensils:

- Cutting board & knife
- Large mixing bowl
- Spoon

Ingredients:

- 3 cups cooked brown rice, chilled
- ½ medium yellow or red onion, diced
- ½ small fresh jalapeno (optional)
- ½ cup canned corn
- ½ cup canned black beans
- ½ cup diced and seeded tomatoes
- 1 tablespoon ground cumin
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ cup fresh cilantro
- 2 cups salsa

What to do:

1. Wash your hands and clean your cooking area.
2. Wash and cut all of your vegetables and put them in a large mixing bowl.
3. Add in the rice, canned corn, canned beans, diced seedless tomatoes, cumin, salt and pepper.
4. Cover and refrigerate for 45 minutes or overnight.
5. Just before you serve the salad, toss in the salsa and cilantro.
6. Serve cold.



**BETTER LIVING
FOR TEXANS**

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Nutrition Facts

Serving Size 1/2 cup cooked
Servings Per Container 12

Amount Per Serving

Calories 90 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 460mg 19%

Total Carbohydrate 19g 6%

Dietary Fiber 2g 8%

Sugars 2g

Protein 2g

Vitamin A 4% • Vitamin C 15%

Calcium 2% • Iron 2%