

# THREE BEAN WILD RICE SALAD

## INGREDIENTS:

- 2 cups wild rice blend, cooked
- 1 can kidney beans, (15 ounces)
- 1 can black beans (15 ounces)
- 1 can garbanzo beans (15 ounces)
- 1/2 red onion, diced
- 1/2 cup cilantro, chopped
- 1 jalapeno, diced

## DRESSING:

- 3 tablespoons red wine vinegar
- 2 tablespoon olive oil
- 3 tablespoons stevia or sugar
- 1/4 teaspoon salt
- 1/2 teaspoon pepper

## DIRECTIONS

1. Combine all dressing ingredients in a mason jar and shake until thoroughly combined.
2. Combine all salad ingredients in large bowl. Toss salad with dressing.
3. Refrigerate for an hour for the best flavor but this salad can be served immediately.

## Nutrition Facts

Serving Size 3/4 cup (210g)  
Servings Per Container 8

Amount Per Serving

**Calories 230**      **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**      **8%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 150mg**      **6%**

**Total Carbohydrate 38g**      **13%**

Dietary Fiber 10g      **40%**

Sugars 6g

**Protein 11g**

Vitamin A 2%      • Vitamin C 4%

Calcium 6%      • Iron 10%

\*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

