

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

