

Mexican Rice Salad

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 20

- 3 cups basmati rice
- 1 x 400g can black beans
- 2 x 400g can red kidney beans
- 2 x 400g can corn kernels, no added salt
- 3 red capsicums
- 2 punnets cherry tomatoes
- 4 avocados
- 5 limes
- ¼ cup extra virgin olive oil
- Tortillas for serving



Method:

1. Cook rice according to directions. Cool completely.
2. Drain and rinse black beans, kidney beans and corn.
3. Dice capsicum, cherry tomatoes and avocado
4. Combine rice, beans, corn, capsicum, tomatoes, and avocado in bowl.
5. Squeeze in juice of limes and olive oil and toss through.
6. Serve with toasted tortilla chips

Note:

- Cooked rice is a high risk food. Ensure that leftovers are used within 2-3 days and that the salad is cooled and stored in the fridge <5°C.
- Fresh corn can be used in place of tinned corn.

Food Group	Serves provided per portion
Vegetables	1
Lean meats and legumes	1.5
Grain foods	0.9