Ben's Black Bean Taco Salad
RECIPE

Ben's Black Bean Taco Salad

TIME	15 Minutes
INGREDIENTS	12 items
MAKES	2 servings

Toss together this simple and flavor-packed salad anytime for a satisfying full meal without turning on the stove or oven. Beans and whole grains bring plenty of filling protein to the dish and the home-made creamy dressing will make it a family favorite

INGREDIENTS

- 1 bag Ben's Original Boil In Bag Whole Grain Brown Rice
- 1/2 cup frozen corn
- 1 medium red or yellow bell pepper, diced
- 1/2 cup black beans, drained and rinsed
- 2 cups shredded lettuce
- 1 Tbsp fresh lime juice
- 1/2 cup tomato salsa
- 1/4 cup sour cream
- 1/2 medium avocado, sliced
- 6 unsalted tortilla chips
- 2 Tbsp pepitas (optional)
- 2 Tbsp cilantro leaves (optional)

1. Cook Ben's Original Boil In Bag Whole Grain Brown Rice according to package directions, drain and set aside to cool. Slice the avocado and remove cilantro leaves from stems (if using).
2. Stir together lime juice, sour cream and salsa in a large mixing bowl.
3. Add black beans, frozen corn, diced bell pepper, and shredded lettuce to the bowl and toss to combine and coat with the salsa dressing. Stir in rice.
4. Divide salad between two plates and top with crushed tortilla chips, sliced avocado, pepitas and cilantro (if using) and enjoy. **Chef suggestion: Serve in a baked flour tortilla bowl for a fun presentation.

NUTRITION

- CALORIES: 500
- TOTAL FAT: 17g - 22%
- TRANS FAT: 0g
- SODIUM: 330mg - 14%
- TOTAL CARBOHYDRATES: 77g - 22%
- DIETARY FIBER: 10g - 36%
- TOTAL SUGARS: 8g
- PROTEIN: 15g

Categories:

Family-Friendly, Global Inspired, Healthy Options, Quick/Easy Meals (UNDER 30M), Vegetarian

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