

Caribbean Rice and Black Bean Salad

SERVES 4

1 1/2 cups raw white **rice** – cook in rice cooker

2 1/4 cups dried **black beans**, pressure cooked 60 min, or 3 (15 ounce) cans

16 oz bag organic **corn kernels**, steamed x 6 minutes in microwave.

2 **green bell peppers**, seeded and chopped

2 **red bell peppers**, seeded and chopped

1 bunch **green onions**, sliced thinly and minced finely

1 small **zucchini** or **summer squash**, diced and steamed in the microwave 3 min

Dressing. If no food processor, mince jalapeños by hand:

1 cup **olive oil**

3/4 to 1 cup **liquid the beans were cooked in**

1/3 cup **white wine vinegar**

1/3 cup Dijon or yellow **mustard**

1/4 cup **maple syrup** or **agave syrup**

1-2 **jalapeño peppers**, minced

5 teaspoons **salt**

2 teaspoons **cumin powder**

1/4 tsp. **black pepper**

In a large bowl combine the cooled cooked rice, black beans, corn niblets, raw bell peppers, zucchini and raw green onions.

In a food processor blend jalapeños, oil, vinegar, Dijon, maple syrup or agave, and cumin, salt and pepper to taste. Mix dressing into other ingredients. Ready to serve, or chill.

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