



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Southwestern Rice & Pinto Bean Salad

Ingredients:

- 1 cup brown basmati rice
- 2 cups water
- 2 teaspoons cumin seeds, or 1 teaspoon ground cumin
- 1/4 cup extra-virgin olive oil
- 1/4 cup sherry vinegar
- 1 teaspoon dried oregano
- 1 large clove garlic, crushed and peeled
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 15-ounce cans pinto beans, rinsed
- 8 scallions, trimmed and sliced (about 1 1/2 cups)
- 1 medium bell pepper, (green, yellow, orange or red), chopped (about 1 cup)

Directions:

1. Combine rice and water in a 3-quart saucepan; bring to a boil. Reduce heat to low, cover and cook until all the water has been absorbed, 40 to 45 minutes. Remove from heat; let rest, covered, for 10 minutes. Spread the rice out on a large baking sheet until cooled to room temperature, about 15 minutes.
2. Meanwhile, toast cumin in a small skillet over medium-high heat until fragrant and lightly toasted, 1 to 2 minutes for seeds, 1 minute for ground cumin. Transfer to a blender or food processor and let cool for several minutes. Add oil, vinegar, oregano, garlic, salt and pepper and process until the garlic is finely chopped.
3. Transfer the rice to a large bowl and toss with beans, scallions and bell pepper. Pour the dressing over the salad and toss well to combine.



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Serves 6

*305 calories, 11 g fat, 2 g saturated fat,
45 g carbohydrate, 8 g fiber, 9 g protein,
121 mg sodium*

Source: Million Hearts