Mexican Brown Rice Salad
Serves 6

2 c. Short Grain Brown Rice, cooked
1 Tbsp. Olive Oil
2 ears Fresh Corn
2-15 oz. cans Pinto Beans, drained & rinsed
4 each Scallions, thinly chopped
½ cup Red Onion, chopped
1 each Red Pepper, seeded and chopped
2 cups Kale, washed and chopped into bite-sized pieces
1 each Jalapeno Pepper, seeded and finely chopped
1 c. Queso Fresco or Feta Cheese, crumbled (optional)

Cilantro Lime Dressing
3 Tbsp. Olive Oil
1 each Lime, juiced (about 2 Tablespoons)
1 tsp. Cumin
1 clove Garlic, minced
½ tsp. Sugar
3 Tbsp. Cilantro, chopped
To Taste Salt
To Taste Black Pepper, freshly ground

1. Cut kernels from corn and spread on a sheet pan. Drizzle with a half tablespoon of olive oil and mix together. Roast in a 350 degree oven for 15-20 minutes until some of the kernels turn brown on the edges.

2. In a medium bowl, mix kale and a half tablespoon of olive oil, using your hands to massage the oil into the leaves

3. Gently mix together corn, beans, scallions, red onion, red pepper, kale and jalapeno. Fold in rice.

4. For dressing: whisk together ingredients until emulsified.

5. Gently mix vinaigrette into salad, using only enough to flavor and hold together.