



## 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.