

### Ingredients

Preparation time: 20 minutes

Servings: 6

#### For the Rice:

4 servings Uncle Ben's Instant Brown Rice  
 ½ tsp. ground cumin  
 2 Tbsp. scallions, chopped  
 1 avocado, diced

#### For the Salsa:

1 – 14.5 oz. can diced tomatoes  
 1 jalapeno, finely diced  
 ½ red onion, finely diced  
 1 lime, juiced  
 ½ tsp. cumin  
 2 Tbsp. cilantro, finely chopped  
 ½ cup canned black beans, drained and rinsed  
 ½ cup frozen corn, thawed  
 ½ cup canned black beans, drained and rinsed

### Directions

#### For the Rice:

1. Follow the package instructions for 4 servings of rice.
2. Once cooked, add scallions and diced avocado. Stir until well incorporated.

#### For the Salsa:

1. In a medium bowl, mix together the tomatoes, onions, jalapeño, onion, lime juice, cumin, cilantro, beans and corn.
2. Refrigerate at least an hour. Adjust seasonings to taste.
3. Stir to incorporate both dishes if desired, or top the rice with salsa.



#### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Avocado Rice with Black Bean and Corn Salsa	
Amount	~1 cup
Calories	234
Fat (g)	5
Sat. Fat (g)	1
Carb. (g)	42
Fiber (g)	6.5
Protein (g)	6
Gluten Free, Vegan.	

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### Cooking Tip

Although this dish is vegan, you can add grilled chicken, fish or steak to make it more like a fajita bowl and increase the protein content. Uncle Ben's Instant Brown Rice has all of the benefits of traditional brown rice, but it is partially cooked and can be prepared in as little as 90 seconds.

### Performance Facts

Brown rice, which has only its husk removed during milling, is richer in fiber, trace minerals, and B vitamins than more processed white rice. The rice promotes sustained energy, fullness, and immune health. The avocado provides a nice source of monounsaturated fatty acids, which have anti-inflammatory properties. Tomatoes and lime juice make this dish a great source of vitamin C.



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