



**USOC**  
SPORTS NUTRITION

*Weekly Recipe:*

## Avocado Rice with Black Bean and Corn Salsa

We have upgraded our original website recipe for Avocado Rice by adding it to another one of our favorite Mexican sides—Black Bean and Corn Salsa. You can make these dishes alone or mix them together for a tasty and satisfying “anytime” meal or snack. While this dish starts out vegan, you can add grilled chicken, fish or steak to make it more of a fajita bowl and increase the protein content. This can quickly become a salad by starting out with a base of lettuce and mixed veggies like shredded carrots, cucumbers, or red cabbage and then adding the Mexican Salsa Rice on top. For the morning, add a cooked egg and this can be a delicious savory breakfast that will keep you fueled for a long practice. Because of how versatile these items are, make a big batch for yourself at the beginning of the week and then shape into a different meal all week long- your taste buds will be glad you did!

### Ingredients:

**Yield: 6 servings**

#### Rice:

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

#### Salsa:

1 (14 ½ ounce) can diced tomatoes  
1 jalapeno, finely diced  
½ red onion, finely diced  
2 Tbsp. lime juice, about 1 lime  
½ tsp. cumin  
2 Tbsp. cilantro, finely chopped  
½ cup canned black beans, drained and rinsed  
½ cup frozen corn

### Directions:

#### **Rice:**

1. Follow the package instructions for 4 servings of rice.
2. Cook according to package details.
3. When cooked, add, scallions and diced avocado.
4. Stir until well incorporated.

#### **Salsa:**

1. In a medium bowl, mix together the tomatoes, onions, jalapeño, onion, lime juice, cumin and cilantro, beans and corn.
2. Refrigerate at least an hour and adjust seasonings to taste.

Stir to incorporate both dishes if desired, and enjoy!

**\*Tip: Uncle Ben’s Fast and Natural Instant Brown Rice has all of the benefits of traditional brown rice, but it cooks in one third of the time!!**

#### Avocado Rice + Bean & Corn Salad

Amount	~ 1 cup (1/6 of total bowl)
Calories	234
Fat (g)	5
Sat. Fat (g)	1
Carb. (g)	42
Fiber (g)	6.5
Protein (g)	6

Gluten free, Vegan.



#### **For Sport Nutrition Questions, contact:**

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This recipe has a multitude of health benefits to offer, especially for sport performance. Brown rice, which has only its husk removed during milling, is richer in fiber, trace minerals, and B vitamins than more processed white rice. Just that alone, promotes sustained energy, fullness, and immune health.

Did you know that the reason beans and corn have been traditionally paired together is because when combined, they contain all 20 amino acids, making it a plant-based source of complete protein – a great option for vegetarians!

Avocados are so delicious they can sometimes be dangerous because you want to eat the whole thing! This recipe helps you with portion control while providing a nice source of polyunsaturated fatty acids and anti-inflammatory properties! Avocados also can enhance absorption of the antioxidant lycopene and beta-carotene.

Feel free to substitute fresh corn and tomatoes from the local farmers market if you can, instead of the canned and frozen versions! You also can use any type of or a combination of beans – kidney, pinto, or northern for variety.

