



Southwestern Salad with Chipotle Dressing

Number of servings: 12
Serving size: 1 cup

Equipment:
Rice Cooker

Ingredients:
2 rice-cups uncooked brown rice (1 ½ measuring cups)
2-15 ounce cans black beans, drained and rinsed
1 large red pepper, chopped
1 small red onion, chopped
1 avocado, chopped
1 cup cilantro, chopped

Dressing:
1/3 cup olive oil
4 Tablespoons freshly squeezed orange juice (about 2 oranges)
½ of 1 canned chipotle chili in adobo sauce, finely chopped, plus 1 teaspoon of adobe sauce
2 Tablespoons red wine vinegar
1 teaspoon cumin
1 teaspoon chili powder
¼ teaspoon pepper

Directions:
Pour rice into rice cooker, add water to the “2” line. Cook until lever pops. Put rice, beans, pepper and onion in a large bowl. Set aside.

Make the dressing by mixing all ingredients together with a whisk. Add half the dressing to salad and toss. Add the avocado and cilantro, then more of the dressing to taste. Gently toss.

Cost per recipe: \$14.04

Cost per serving: \$1.17

MyPlate servings for salad: ½ serving grains, ¾ serving vegetables

Salad Nutrition Facts

Nutrition Facts	
Serving Size 1 Cup Serving Per Container 12	
Amount Per Serving	
Calories 246	Calories from Fat 45
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Potassium 485mg	14%
Sodium 165mg	7%
Total Carbohydrate 43g	14%
Dietary Fiber 8g	32%
Sugars 2g	
Protein 9g	18%
Vitamin A 4%	Vitamin C 28%
Calcium 5%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Dressing Nutrition Facts

Nutrition Facts	
Serving Size 2 Tablespoons Serving Per Container 12	
Amount Per Serving	
Calories 61	
% Daily Values*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Potassium 27mg	1%
Sodium 26mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
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****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>