

## Black Beans and Rice Salad

Flavors of the Sun | March 2007



*We simplified this picnic salad by using canned beans and a food processor.*

- 2 15-OZ. CANS BLACK BEANS
- 4 OZ. SLAB BACON OR 4–5 SLICES BACON, DICED
- 2 CUPS UNCOOKED CONVERTED RICE
- 1 TBSP. CIDER VINEGAR
- 1 TBSP. DRY SHERRY
- 2 TSP. SALT
- 1 TSP. GROUND CUMIN
- 1 TSP. DRIED OREGANO, CRUSHED
- 1 RECIPE *SPICY MANGO-SEVILLE ORANGE DRESSING* (BELOW)
- 1/2 CUPS COARSELY CHOPPED FRESH PINEAPPLE
- 4 MEDIUM SWEET PEPPERS (ASSORTED COLORS), SEEDED AND COARSELY CHOPPED
- 2/3 CUP COARSELY CHOPPED RED ONION
- 1–2 MEDIUM SCOTCH BONNET, HABANERO, OR JALAPEÑO PEPPERS, SEEDED AND CHOPPED
- 1 LARGE AVOCADO, HALVED, SEEDED, PEELED, AND CHOPPED
- 1/2 CUP CHOPPED FRESH CILANTRO
- 4 OZ. QUESO BLANCO, CRUMBLLED, OR 4 OZ. MONTEREY JACK CHEESE, SHREDDED (1 CUP)

Drain black beans, reserving liquid. Add enough water to bean liquid to measure 4 cups; set aside. In a large saucepan cook bacon over medium heat until browned. Add rice; stir to coat. Add bean liquid mixture, beans, cider vinegar, sherry, salt, cumin, and oregano. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until rice is tender. Remove from heat. Cover and let stand 5 minutes. Gently fluff the rice with a fork. Meanwhile prepare *Spicy Mango-Seville Orange Dressing*.

In a food processor place pineapple; cover and process with several on-off turns until finely chopped. Drain and transfer to a very large bowl; set aside. Add sweet peppers, red onion, and Scotch bonnet peppers, one-third at a time, to the food processor. Cover and process with several on/off turns until finely chopped; drain and add to pineapple in bowl; add rice and bean mixture, avocado, and dressing and toss to coat. Stir in cilantro. (Salad can be covered and chilled at this point.) Sprinkle with cheese. Serve warm, at room temperature, or chilled. Makes 10 to 15 servings.

**SPICY MANGO-SEVILLE ORANGE DRESSING:** In a medium bowl whisk together 1/2 cup mango nectar, 3 tablespoons bitter orange juice (or 2 tablespoons orange juice and 1 tablespoon lime juice), 2 tablespoons cider vinegar, 1 tablespoon finely chopped fresh chives, and 2 cloves minced garlic.

Per serving: 246 cal., 9 g fat (3 g sat. fat), 13 mg chol., 602 mg sodium, 36 g carbo., 4 g fiber, 9 g pro.