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Cold Veggie, Bean, and Rice Salad

Prep time: 20 min. Cook time: 0 min.

Servings: 4

Serving Size: 1-1/2 cups

Ingredients

1/4 cup olive oil

1/4 cup lime juice

1 tbsp orange juice

1 tsp ground cumin

2 cloves garlic, minced

1-1/2 cups cooked wild rice

15 oz. canned black beans, rinsed and drained

1 cup chopped carrots

1/4 red onion, chopped

1 celery stick, chopped

1 cup raw corn kernels

1/2 cup chopped mini heirloom tomatoes

1/3 cup chopped parsley

1/4 cup chopped cilantro

2 tbsp finely diced green onion

Salt and pepper to taste

Directions

1. In a small bowl, combine the olive oil, lime juice, orange juice, garlic, and cumin.
2. Toss the remaining ingredients together, drizzle with dressing and toss again.
3. Serve, adding salt and pepper at the table as desired.