

Recipe for: Rice Salad with Mango and Black Beans



RUTGERS
New Jersey Agricultural
Experiment Station

Ingredients:

- 2 cups cooked brown rice (see note)
- 1 (15 oz.) can black beans, rinsed and drained
- 3/4 cup diced mango, 1/4-inch cubes
- 1/2 cup chopped and seeded plum tomato
- 1/3 cup chopped green onion, white and green parts

Dressing

- 1/3 cup orange juice
- 1-2 Tbsp. fresh lime juice
- 1 serrano chile pepper, or 1-2 inch piece jalapeño pepper, coarsely chopped (see note)
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1 Tbsp. canola oil
- Salt and ground black pepper
- 2-3 Tbsp. chopped fresh cilantro

Directions:

Combine rice, beans, mango, tomatoes and green onion in mixing bowl. This step may be done up to 2 hrs before serving with salad covered and refrigerated.

Dressing, in blender or bowl of mini-food processor, whirl orange and lime juice, chile pepper, cumin and oregano until chile is ground up. Add oil and whirl to blend. Season to taste with salt/pepper. This may be done up to 2 hrs before serving, and dressing refrigerated.

Just before serving, pour dressing over salad and toss with fork to combine (if salad has been refrigerated, let sit at room temperature for 20 minutes before dressing). Spoon salad into wide, shallow serving bowl, and sprinkle on cilantro. Serve immediately.

Notes: If you like, use frozen brown rice prepared according to package directions. Cool the rice to room temperature before combining with salad ingredients.

Serrano chile gives more heat, while seeding and removing ribs reduces heat. For least heat, use bottom end of a large jalapeño pepper. **Makes 4 servings; about 1 1/4 cup per serving.**

Recipe Source: The American Institute for Cancer Research