



## Black Bean and Rice Salad with Chile-Lime Vinaigrette



The classic combination of rice and beans makes a wonderful salad. I've substituted nutty-tasting long grain brown rice for white rice, and it tastes delicious. The slender, more elegant-looking brown rice is less sticky than the short grain version and is a better choice for rice salads.

From "Raising the Salad Bar" by Catherine Walters, Lake Isle Press, 2007

### INGREDIENTS

#### BLACK BEAN AND RICE SALAD

- 3/4 cup dried black beans, soaked overnight, or 1 can (15 ounces) black beans
- 1 cup long grain brown rice (about 3 cups cooked)
- 1/4 teaspoon kosher salt
- 1 red bell pepper, raw or roasted, cored and diced
- 1/4 cup finely chopped red onion
- 1/2 cup chopped cilantro leaves

#### CHILE-LIME VINAIGRETTE

- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder or ancho chile powder
- Pinch of cayenne or ground chipotle pepper
- 6 tablespoons fresh lime juice
- 6 tablespoons olive oil
- 1/2 teaspoon kosher salt

**Serves 6-8**

### PREPARATION

1. If using dried black beans, place them in a large saucepan and cover with 2 to 3 inches of water; bring to a boil. Reduce heat to a simmer and cook the beans, partially covered, until they are cooked through, but still whole, about 60 to 75 minutes. Drain the beans and set aside. If using canned beans, rinse and drain them well. Meanwhile, in a separate saucepan, add rice and salt to 2 cups of water. Bring to a boil and then reduce heat to low, cover, and cook for 35 to 40 minutes. Remove from heat and let sit for 5 minutes. Set aside to cool completely.
2. In a large serving bowl, combine the beans and the rice; mix in the red pepper and red onion.
3. To make the dressing, in a small bowl, whisk together all of the dressing ingredients.
4. Combine black bean and rice mixture with the dressing. Add the cilantro and toss.

#### VARIATION

Add kernels from two ears of fresh corn for additional color and crunch. Add diced cooked chicken or shrimp. Spice up the dressing by adding 1 minced garlic clove or minced jalapeño pepper, or both.



RAISING THE SALAD BAR  
By Catherine Walters

In addition to many bold new salad recipes, *Raising the Salad Bar* offers fresh new takes on traditional family classics designed to take advantage of the vast range of new ingredients available in market. These recipes, brimming with fresh vegetables and fruits, leafy greens and herbs, are palettes of color as well as flavors. Walters shows how to create salads for all occasions—and seasons—that are mouthwatering culinary masterpieces.

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