

## Mexican Rice & Black Bean Salad

A simple and delicious salad that can be had as an appetizer or main dish.

### Cooking Information:

Serves: 8-10

Total Time: 25 minutes



### Ingredients:

- \* 1 cup of basmati rice
- \* 3 cups of water
- \* 1 can of black beans
- \* 2 cups cooked corn kernels
- \* 1 cup green peppers, diced
- \* 2 jalapeno peppers
- \* 1 red onion, diced
- \* 1 tbsp olive oil
- \* 1 tbsp lime juice
- \* 1 tsp ground cumin
- \* ½ cup of cilantro

### Magnesium per ingredient\*

- 46 mg
- 0 mg
- 150 mg
- 92 mg
- 18 mg
- 4 mg
- 11 mg
- 0 mg
- 0 mg
- 0 mg
- 0 mg

### Directions:

1. Bring water to boil in a saucepan.
2. Add rice and simmer for 15 minutes or until tender.
3. Spread rice on baking sheet until cool.
4. Combine rice, beans, peppers, jalapenos, and onion in a large bowl. In a separate small bowl, whisk olive oil, lime juice, cumin, and cilantro.
5. Upon serving, drizzle olive oil, lime juice, cumin, and cilantro over salad.

**One serving of this recipe contains approximately 32-40 mg of magnesium\* based on the *Magnesium Calculator* within this site. Visit our *Magnesium Calculator* to find out how much magnesium is in your favorite recipes.**

**\*This is only an approximation of magnesium intake.**