

## **Brown Rice and Black Bean Bowl**

SERVINGS 3

SERVING SIZE 1 cup

NUTRITIONAL INFO Calories: 420 • Fat: 3.5g • Sodium: 800mg • Carbohydrate: 86g • Fiber: 11g • Protein: 15g

### INGREDIENTS

- 1 package frozen brown rice
- 1 can black beans low or no sodium, rinse and drain
- 1 cup corn frozen
- 5 black olives, sliced
- 1 cup salsa

### DIRECTIONS

- 1 | Cook rice according to package directions.
- 2 | In mixing bowl, stir together beans, corn, olives, and salsa.
- 3 | Heat bean mixture on stove or in microwave until warm.
- 4 | Serve over rice.