

Wild West Tex-Mex Salad

1/2 cup	vinegar and olive oil dressing
1/4 cup	red wine vinegar
3 tablespoons	chipotle chilies in adobo sauce, chopped
2 tablespoons	lime juice (1 large lime)
1 tablespoon	ground cumin
2 teaspoons	salt
3 15 1/2 to 19 oz. cans	black beans, rinsed and drained
4 15 1/2 to 19 oz. cans	whole kernel corn, drained
3 cups	brown rice, cooked
3/4 cup	red onions, finely chopped
1/2 cup	green onions, finely chopped, including tops
1/2 cup	fresh cilantro, chopped
2 cups	tomatoes, coarsley chopped
1 lime	cut onto wedges for garnish
	fresh sprigs of cilantro for garnish

To make the dressing: Mix the first through sixth ingredients together well in a bowl. To make the salad: Mix the remaining ingredients except for the tomatoes and garnishes in a large bowl. Add the dressing to the salad, toss, cover and place in the refrigerator for at least 1 hour or up to 1 day. Before serving the salad, add the chopped tomatoes and garnish with the lime wedges and cilantro sprigs.

Servings: 15

Yield: 1 cup servings

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

cut onto wedges for garnish

fresh sprigs of cilantro for garnish

Amount Per Serving	
Calories	311.05
Calories From Fat (25%)	76.89
	% Daily Value
Total Fat 8.79g	14%
Saturated Fat 1.27g	6%
Cholesterol 0.00mg	0%
Sodium 814.89mg	34%
Potassium 620.34mg	18%
Carbohydrates 51.23g	17%
Dietary Fiber 10.77g	43%
Sugar 0.68g	
Sugar Alcohols 0.00g	
Net Carbohydrates 40.46g	
Protein 11.28g	23%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1/2 cup vinegar and olive oil dressing	0.50 x 1 cup of Oil, olive, salad or cooking
1/4 cup red wine vinegar	0.25 x 1 cup of Vinegar, red wine
3 tablespoons chipotle chilies in adobo sauce, chopped	3 x 1 tablespoon of Peppers, jalapeno, canned, solids and liquids
2 tablespoons lime juice (1 large lime)	2 x 1 tablespoon of Lime juice, raw
1 tablespoon ground cumin	1 x 1 tablespoon of Spices, cumin seed
2 teaspoons salt	2 x 1 teaspoon of Salt, table
3 15 1/2 to 19 oz. cans black beans, rinsed and drained	3 x 1 can (19.5 oz) of Beans, black, mature seeds, cooked, boiled, with salt
4 15 1/2 to 19 oz. cans whole kernel corn, drained	4 x 1 can (303 x 406) of Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids
3 cups brown rice, cooked	3 x 1 cup of Rice, brown, medium-grain, cooked
3/4 cup red onions, finely chopped	0.75 x 1 cup of Onions, red
1/2 cup green onions, finely chopped, including tops	0.50 x 1 cup, chopped of Onions, green, spring or scallions (includes tops and bulb), raw
1/2 cup fresh cilantro, chopped	0.50 x 1 cup of Cilantro (Chinese parsley), raw
2 cups tomatoes, coarsley chopped	2 x 1 cup, cherry tomato of Tomatoes, red, ripe, raw, year round average

1 lime cut onto wedges for garnish	Not linked
fresh sprigs of cilantro for garnish	Not linked

Recipe formatted and exported by Living Cookbook from Radium Technologies, Inc.