



SERVES 4

Baja Black Bean and Rice Bowl

Ingredients:

- 1 lb. brown rice, dry
- 1 can black beans, drained
- 1/2 lb. shredded cheese
- 1-2 cups corn, drained or fresh cut off the cob
- 1 cup salsa
- Salt and black pepper to taste

Instructions:

1. Prepare brown rice according to package directions.
2. Heat corn and beans according to package directions.
3. Place bowls of each item (brown rice, black beans, cheese, corn, and salsa) on table for family members to create their own Baja Bowls.

BLACK
BEAN

GROW FIT[®]

RECIPE CARD

COMPLIMENTS OF LEARNING CARE GROUP.