



Shrimp, Bean and Rice Salad

Makes 4 or more servings

2 cups cooked rice, cool or room temperature

1 15-ounce can black beans, rinsed and drained

1 15-ounce can kidney or red beans, rinsed and drained

1 small onion, chopped

1 carrot, chopped

1 red bell pepper, seeded and chopped

2 jalapenos, seeded and minced

¼ cup cilantro, coarsely chopped, plus more for garnish

8 tablespoons (½ cup) lemon juice, plus more for shrimp

2 teaspoons Dijon mustard

3 cloves minced garlic

8 tablespoons (½ cup) olive oil

Salt and pepper

1 pound cooked and peeled shrimp

1 or 2 avocados, peeled and sliced or cubed

Sections from 2 fresh oranges, or 1 15-ounce can Mandarin oranges, drained

1. In a large bowl, toss the rice, beans, onion, carrot, red pepper, jalapeno and cilantro. In a small bowl, whisk the vinegar, lemon juice, mustard, garlic and olive oil. Season generously with salt and pepper.

2. Toss half of the dressing with the rice mixture until well combined. Taste and add more dressing, salt and pepper as needed. Season shrimp and avocado with lemon juice, salt and pepper to taste. Divide rice mixture among 4 plates. Top each with some of the shrimp, orange segments and avocado pieces. If desired, drizzle with remaining dressing.

Note: 1 to 2 cups of cooked corn or halved cherry tomatoes may be added to this salad, either in place of or in addition to the carrot.

Recipe from Michael Hastings