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Prevent and Protect
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RICE AND BEANS WITH AVOCADO, TOMATO, AND CHEESE

WholeLiving.com

(Serves 4) Vegetarian

For the Beans:

- 1 Cup white onion
- 2 Tablespoons olive oil
- ½ Green bell pepper, seeded & diced
- 2 15-oz cans black beans with liquid
- Kosher Salt

For the Salsa:

- 1 Pint cherry tomatoes, halved
- ½ Small red onion, thinly sliced
- 1½ oz cotija (or extra-sharp cheddar) cheese

For Serving

- 4 Flour tortillas
- 4 Cups cooked short-grain brown rice
- 1 Avocado, seeded & thinly sliced
- 1 Lime, cut into wedges

Heat oil in a saucepan over medium heat. Add onion and pepper. Cook, stirring until pepper is tender, about 8 minutes. Add beans and liquid and bring mixture to a boil. Reduce to a simmer. Cook, stirring until slightly thickened, about 5 minutes. Season with salt.

Prepare salsa: Combine tomatoes and onion; season with salt and top with crumbled cheese.

To serve: Heat tortillas in a dry pan until warm. Spoon rice and beans over half. Top with avocado. Fold into quarters. Serve with lime and salsa.

PER SERVING: 706 calories 5 g saturated fat; 13 g unsaturated fat; 11 mg cholesterol; 108 g carb; 610 mg sodium; 22 g protein