

Baja Black Bean and Rice Bowl

Serves 4

Grab this stuff:

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



Let's get cooking:

1. Prepare brown rice according to package directions.
2. Prepare corn. If using a can, drain the corn before warming it up. If using a cooked cob, cut the kernels off. Season with salt and pepper, to taste.
3. Warm the black beans up using the stove or microwave.
4. Place serving bowls of each item on the table for family-dining assembly of individual Baja bowls: brown rice, black beans, cheese, corn, and salsa.
5. Enjoy!

Grow Fit Add-Ons:

- Try adding a sprinkle of cumin for extra flavor.
- Consider topping your bowl with avocado or cilantro.
- Add a dollop of light or fat free sour cream.

