
, MN

Cook 1 c (raw) wild rice, cool.

Mix together this cold veggie salad wild rice, 1 can black beans (canned is fine), 1 yellow or red pepper chopped fine, parsley or cilantro, 1 small can corn niblets, green onions chopped, small cucumber chopped. Dress with a mix of lemon juice and olive oil, more juice than oil. Season with cumin, salt, and pepper.

Keeps for days in the refrigerator.