

Southwest Rice and Corn Salad with Lemon Dressing

Ingredients

- 1 cup [Brown, Red and Wild Rice Medley](#)
- 1/4 cup fresh lemon juice
- 4 tablespoons olive oil, divided
- 1 1/2 cups fresh corn kernels (cut from 2 ears) or frozen corn kernels, thawed
- 1 cup chopped fresh poblano chiles or green bell pepper
- 1 cup diced seeded red bell pepper
- 1 cup 1/2-inch cubes yellow zucchini
- 1 avocado, halved, peeled, diced
- 1/2 cup thinly sliced green onions
- 1/2 cup chopped fresh cilantro

Preparation

Cook rice using package instructions. Drain and rinse in cold water. Drain again.

Meanwhile, whisk lemon juice and 3 tablespoons oil in small bowl. Season dressing to taste with salt and pepper.

Heat 1 tablespoon oil in large nonstick skillet over medium heat. Add corn, poblanos, yellow bell pepper, and zucchini. Sprinkle with salt and pepper. Sauté until vegetables are just tender, 6 to 7 minutes; scrape into large bowl. Add rice, avocado, green onions, cilantro, and dressing; toss to coat. Season with salt and pepper.