Ingredients:
½ cup mixed greens
¾ cup brown rice, cooked
¼ cup canned black beans,
¼ cup corn, thawed or fresh
½ cup pico de gallo
1 ounce of cheese, shredded
¼ avocado, diced

Directions:
Layer ingredients in a large serving bowl and enjoy.

Hint: for cooked brown rice: store cooked rice in the freezer so you can reheat it in the microwave, or, for older kids, have “boil in a bag” brown rice on hand that they can make.