

Beans and Rice Haystack Salad

1 5oz. package of yellow rice

1 can of your favorite beans (pinto or black beans work well)

1 onion sliced thin

Cottage cheese

oil and vinegar dressing

Prepare the rice according to the package directions. Heat the beans and drain. Sauté the onion in butter til soft and caramelized. When everything is done make the haystacks by spreading a serving of rice on the plate, top with beans, then onions. Spread some cottage cheese on top and dress with your favorite vinaigrette dressing.