



Kale, Black Bean, and Avocado Burrito Bowl

Recipe Source: www.cookieandkate.com

Servings: 3

Ingredients:

1 cup brown rice, rinsed	2 (15 oz) cans low-sodium black beans, rinsed and drained
1 bunch curly kale, ribs removed and chopped small	½ cup chopped red onion
1 lime, juiced, plus additional ¼ cup lime juice	3 cloves garlic, pressed or minced
2 Tbsp olive oil	¼ tsp chili powder
½ jalapeno, seeded and finely chopped	¼ tsp cayenne pepper (optional)
½ tsp cumin	Hot sauce (optional)
¼ tsp salt	Fresh tomatoes, diced, for garnish
1 avocado, pitted and cut into big chunks	
½ cup mild green salsa	
½ cup fresh cilantro leaves	

Steps:

- Bring a big pot of water to boil. Add rinsed brown rice and boil, uncovered, for 30 minutes. Turn off heat, drain the rice, and return it to the pot. Cover and let the rice steam for 10 minutes. Fluff with a fork and set aside.
- Meanwhile, whisk together the ¼ cup lime juice, olive oil, chopped jalapeno, cumin, and salt in a large bowl. Add the chopped kale and toss to combine. Set aside.
- In a food processor or blender, combine the avocado chunks, green salsa, cilantro, and juice of remaining lime. Blend well and set aside.
- In a medium saucepan, heat 1 Tbsp olive oil over medium-low heat. Sauté the red onion and garlic until fragrant. Add the beans, chili powder, and cayenne if using. Cook until the beans are warmed through and softened, stirring frequently. Mix in a splash of water if the beans seem dry at any point.
- To serve, spoon ½ cup rice into each individual bowl. Top with beans, kale, and avocado salsa. Garnish with tomatoes and a dash of hot sauce, if using.

Tips from the Test Kitchen: Could substitute cooked quinoa or another whole grain for the rice if desired.

Nutritional Facts: Per Serving: Calories: 574, Carbohydrates: 82 grams, Protein: 22 grams, Total Fat: 21 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 914 mg, Fiber: 28 grams, Total Sugars: 6 grams.