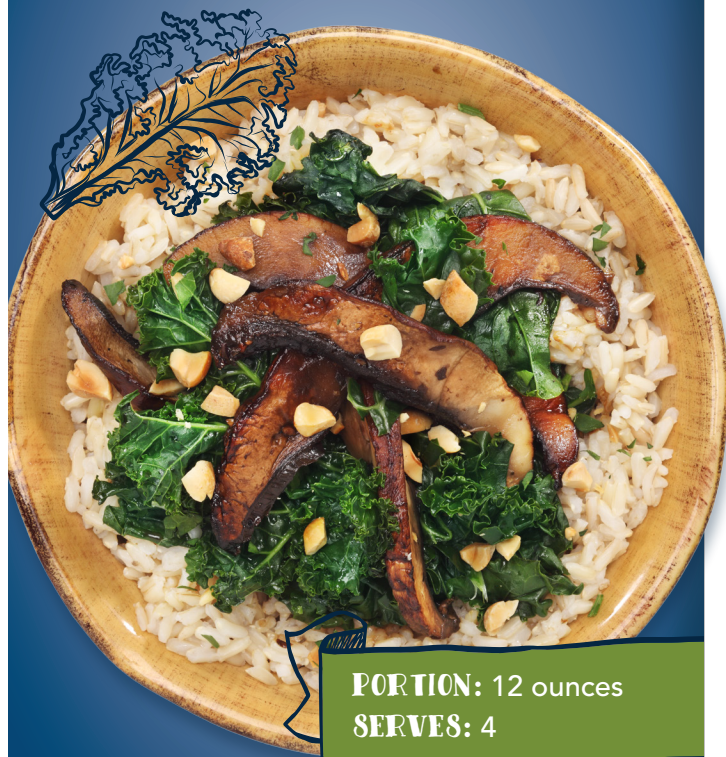


Kale & Mushroom

RICE BOWL



PORTION: 12 ounces
SERVES: 4

SUPERFOOD

INGREDIENTS

2/3 cup Brown Rice	1 Tbsp Extra Virgin Olive Oil
1 1/3 cup Cold Water	1/8 tsp Ground Black Pepper
1 qt Kale, Chopped	1/2 tsp Kosher Salt
1 qt, 2 cup Boiling Water	2 Tbsp Chopped Peanuts, Unsalted
2 ea Portobello Mushrooms, Cut in Strips	1/4 cup Cilantro, Fresh
1 tsp Less Sodium Soy Sauce	

METHOD

1. Rinse rice and then place in a medium saucepot. Cover rice with water, bring to a boil over medium high heat. Reduce heat to very low simmer. Cover to steam rice for 20 minutes.
2. Place kale in a steamer over boiling water. Cover and cook until the kale is tender, about 5 to 10 minutes. Remove kale from the steamer and drain excess water. Set aside.
3. Heat olive oil in a skillet over medium heat. Add sliced Portobello mushrooms and sauté for a few minutes until tender, turning occasionally. Add low sodium soy sauce and ground black pepper. Add the steamed kale to the sauté pan and toss with the mushrooms. Sprinkle with salt.
4. To make individual rice bowls, add steamed brown rice to each bowl. Top with a generous amount of kale and mushroom sauté. Garnish with chopped peanuts and fresh cilantro.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
330	8g	1.5g	56g	10g	6g	320mg