PREP TIME:
15 minutes

COOK TIME:
75 minutes

SERVINGS:
6

FALL GRAIN BOWL

Chef Darian Bryan



Ingredients

- 1 ½ cup brown rice dry, cooked according to box instructions
- 2 sweet potatoes
- 2 apples, diced
- 2 cans black beans, drained and rinsed
- ¾ cup Kens Simply Balsamic dressing
- 1 bunch kale, chopped into small pieces

Kitchen Items

- Cutting board
- Mixing bowl
- Pots and pan
- Mixing utenstils

Directions

1. Preheat your oven to 450°F.
2. Wash sweet potato under cold running water. Use a fork to pierce the skin all over.
3. Place on a cookie sheet and bake for at least 45 minutes or until fork can pierce all the way through.
4. Place chopped kale onto cookie sheet, drizzle with olive oil and roast in oven with potatoes for the last 15 minutes.
5. As soon as the sweet potato cools, peel and dice into cubes.

TO ASSEMBLE:

1. Place 1/2 Cup kale into a bowl or on a plate.
2. Put 1/2 cup rice on top of kale.
3. Place 1/2 cup black beans, cubed sweet potato and chopped apple on top.
4. Drizzle 2 Tbsp. Kens Simply Balsamic dressing on top and enjoy!

GROCERY LIST

Fruits & Vegetables

- [ ] 2 apples
- [ ] 2 sweet potatoes
- [ ] 1 bunch of kale
- [ ]
- [ ]
- [ ]
- [ ]

Dairy & Eggs

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Meats & Seafood

- [ ] 1 ½ lb. chicken thighs
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Pantry Items

- [ ] 2 cans of black beans
- [ ] 1 bag of brown rice
- [ ] Kens Simply Balsamic Dressing
- [ ] Olive oil
- [ ]
- [ ]

Healthy Options

Independent Health FOUNDATION