

# Fall Grain Bowl

By Chef Darian Bryan



## 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.
5. Enjoy!

## INGREDIENTS:

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

## Nutrition Facts

servings per container  
**Serving size** 1/2 cup black beans, 1/2 cup kale, 1/2 rice and potato and 2 Tbsp. dressing

Amount per serving  
**Calories** 360

	% Daily Value*
<b>Total Fat</b> 14g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 310mg	13%
<b>Total Carbohydrate</b> 51g	19%
Dietary Fiber 11g	39%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 3mg	15%
Potassium 587mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# MEAL KIT SHOPPING LIST

## Week 3: Fall Grain Bowl

### Fruit:

- 2 apples- \$1.15 each

### Vegetables:

- 2 sweet potatoes- \$0.71 each
- 1 bunch kale- \$2.89

### Protein:

- 2 cans black beans- \$0.79 each

### Dairy:

- no dairy this week

### Grains:

- 1 bag brown rice- \$1.19

### Herbs, Spices & More:

- Kens Simply Balsamic Dressing- \$4.09 each
- Olive oil

  
Cooking at Home

Grocery cost: \$13.47

Recipe cost: \$9.89

Cost per meal: \$1.64

\*prices found at your local Wegmans store