



Kale, Rice & Lentil Bowl

15 servings

40 minutes

Ingredients

1 kilogram Brown Rice (uncooked)
158 grams Raw Honey
225 grams Dijon Mustard
444 milliliters Water (divided)
6 grams Sea Salt (divided)
315 grams Kale Leaves (tough stems removed, torn into pieces)
1.1 kilograms Lentils (cooked, rinsed)
3 3/4 Yellow Onion (small, diced)
7 1/2 Red Bell Pepper (small, sliced)

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, whisk together the honey, dijon mustard, half of the water, and half the salt. Massage the kale with half of this dressing.
- 3 Stir the lentils into the remaining dressing and set aside.
- 4 Heat the remaining water in a pan over medium heat. Cook the onion and bell peppers until soft, adding more water as needed to prevent sticking. Season with the remaining salt.
- 5 Divide the brown rice, kale, sautéed bell peppers, and onions into bowls. Top with the lentils and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1 1/2 to 2 cups.

More Flavor: Add lemon juice and/or tamari. Sauté the peppers and onions with oil instead of water.

Additional Toppings: Avocado, sprouts, cucumber, kimchi or sauerkraut.