



*Simple,
Seasonal,
Sustainable*

Recipe of the Week
Beans and Greens Bowl

Ingredients:

- 1 ½ cups chopped curly kale, freshly washed
- ½ cup cooked black beans
- ½ avocado
- 2 tablespoons crumbled feta cheese

Directions:

1. Combine the kale and black beans in a microwave safe bowl and heat* for about 1 ½ minutes, until the black beans are warm and the kale is wilted.
2. Stir in the avocado until evenly distributed among the beans and greens, then top with crumbled feta.

**Alternatively, if you don't have a microwave, you can heat the black beans in a small pot over the stove, and lightly steam the kale with a splash of water, before combining all ingredients in a serving bowl.*

Serves 1

Nutrition: 340 calories, 19 g fat, 5 g saturated fat, 32 g carbohydrate, 15 g fiber, 13 g protein, 190 mg sodium

Source: Oldways

