**Kale Bean Rice Bowl**

**Ingredients**

2 cup cooked brown rice\*

1 can black beans

1 bunch kale, steamed and finely chopped

2 medium carrots, shredded

Your choice of dressing or your favorite salad dressing

Tahini dressing

¼ cup tahini

3 Tbsp oil

3 Tbsp lemon juice

2 Tbsp cilantro

salt & pepper to taste

**Directions**

Layer the cooked brown rice, black beans, steamed kale and carrots in a bowl and top

with the dressing of your choice. Enjoy!

\* substitute with other grains such as cooked quinoa or other mixed rice.

***Dressing Options***

**Orange vinaigrette**

¼ cup of orange juice

1 crushed clove garlic

2 tsp oil

2 tsp vinegar

1 tsp mustard

salt & pepper to taste

**Creamy vinaigrette**

⅓ cup olive oil

3 Tbsp vinegar

3 tsp sour cream, yogurt

or mayonnaise

1 tsp mustard

1 diced shallot

salt & pepper to taste