Lemon Kale Rice

Source: Spork Foods

About the Recipe

297 Calories · 6 g Protein · 5 g Fiber
Side Dish

Ingredients

Makes 6 Servings

- 3 cups lightly salted water
- 1 1/2 cups short-grain brown rice
- 1 tablespoon neutral-tasting high-heat oil (safflower)
- 2 cloves garlic, finely chopped
- 1/3 cup yellow corn kernels
- 4 cups curly kale, stemmed and finely shredded, packed
- 1/2 teaspoon sea salt
- 1/4 teaspoon finely ground black pepper
- 2 teaspoons brown rice syrup or agave
- 2 tablespoons fresh lemon juice, plus zest of 1 lemon (2 teaspoons zest)
- 1 carrot, shredded (1/2 cup)
- 1/4 head purple cabbage, finely shredded (1 1/2 cups)
- 6 ounces hot or barbecue sauce, for serving (using 1 ounce per portion)
- 2 tablespoons fresh chives, finely chopped

Directions

1. Bring salted water to a boil. Add rice and cook according to direc- tions, about 30-35 minutes. Set aside.
2. Heat a saute pan and add 1 tablespoon oil. Add garlic, corn, and kale and cook to wilt kale, about 5 minutes. Remove from heat.

3. Add cooked rice to a large bowl and add sauteed kale mixture. Add sea salt, pepper, brown rice syrup or agave, and lemon juice and zest. Add carrot and cabbage and fold to incorporate.
4. To serve, divide rice into 6 containers or plates. Garnish with hot sauce or barbecue sauce and chives.

Nutrition Facts

Per serving:
Calories: 297
Fat: 4 g
    Saturated Fat: 1 g
    % Calories From Fat: 13%
Cholesterol: 0 mg
Protein: 6 g
Carbohydrate: 60 g
Sugar: 14 g
Fiber: 5 g
Sodium: 316 mg
Calcium: 55 mg
Iron: 2 mg
Vitamin C: 27 mg
Beta-Carotene: 1,336 mcg
Vitamin E: 2 mg