

Kale Burrito Bowl

Ingredients:

Chipotle Sauce:

1/2 cup Greek or dairy free yogurt
2 tbsp finely chopped chipotles in adobo sauce
1/4 teaspoon garlic powder
Juice from 1 lime

Kale Burrito Bowl:

1 large bunch kale, center stem removed
1/4 medium red onion
1 (15-ounce) can black beans, drained and rinsed
1 (15-ounce) can corn, drained and rinsed
1 medium red or yellow bell pepper
1 cup cherry tomatoes
Juice from 2 limes
1 Tbsp. extra virgin olive oil
1 medium avocado



Servings: 4-6

Instructions:

Dressing:

- Mix all the ingredients until well-combined and smooth; set aside.

Bowl:

- Remove the center ribs from the kale. Cut the leaves into thin shreds or bite sized pieces. Massage kale with extra virgin olive oil and lime juice and place in a large bowl. Dice the onion and add to the bowl. Add the beans. Add the corn. Core and seed the bell pepper, cut into 1/2 inch dice, and add to the bowl. Halve the tomatoes and add to the bowl. Toss to combine.
- Divide the salad between bowls. Drizzle with the chipotle sauce. Top with slices of avocado.

Nutrition Facts

4 servings per container	
Serving size	1/4 Recipe (404g)
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 47g	17%
Dietary Fiber 13g	46%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 113mg	8%
Iron 4mg	20%
Potassium 979mg	20%

*The % Daily Value (DV) 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.