

Cranberry Collard Green Rice Bowl



Servings: 4

*2 cups brown rice
4 cups vegetable stock
400 grams collard greens, chopped
2 tablespoons lemon juice
3 garlic cloves, minced
1/2 cup dried cranberries
1/2 cup walnuts, chopped
salt and pepper, to taste*

To a pot add rice and vegetable stock. Bring the vegetable stock up to a boil and cook the rice until only about 1 tablespoon of vegetable stock remains. Place a lid on top of the pot and set aside.

To a sauté pan add collard green, lemon juice, garlic, salt, and pepper. Sauté until the collard greens are wilted. Stir in the dried cranberry and walnuts.

Add rice into bowls and top with the collard green mixture.

Serve

Per Serving (excluding unknown items): 644 Calories; 22g Fat (29.1% calories from fat); 15g Protein; 103g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 866mg Sodium; 17g Total Sugars; 0mcg Vitamin D; 297mg Calcium; 3mg Iron; 672mg Potassium; 385mg Phosphorus. Exchanges: .