

Nourishing Antioxidant Bowl

This recipe is nutritionally balanced with protein, healthy fats, complex carbohydrates, fiber, and antioxidants. The blueberries and dried fruit add a pop of color, flavor, and sweetness to make the healthy bowl complete.

Yields: 1 bowl

Ingredients:

- 3 tsp **extra virgin olive oil**
- 1 tsp **lemon juice**
- **Salt** to taste
- ½ c shredded **kale leaves** (or baby spinach leaves)
- 3 oz. of your choice of **protein** (e.g., chicken, salmon, eggs, tofu)
- 1 cup cooked **brown rice** (or quinoa)
- ¼ **avocado** diced
- ¼ c **blueberries**
- 1 Tbsp roasted **almonds**
- 1 Tbsp dried **cranberries** or other **dried fruit**

Instructions:

1. In a medium mixing bowl, add extra virgin olive oil, lemon juice, and salt and mix to combine. This will be the dressing.
2. Add shredded kale leaves to the bowl with the dressing and (using hands) massage the dressing into the kale leaves. This will tenderize the leaves and add flavor. If using spinach leaves simply dress and set aside (no need to massage the spinach leaves).
3. Cook/warm the protein of your choice, as desired.
4. Assemble the salad bowl by tossing together the cooked brown rice, kale (or spinach), and protein in the bowl.
5. Layer with avocado, blueberries, and roasted almonds, and finish with dried cranberries.

Per Serving: Calories 584 kcal, Carbohydrates 44.4g, Protein 36.5g, Saturated Fat 4.7g, Sodium 61.6mg, Fiber 8.5g, Sugars