

Rice and Kale Bowl

Make cumin rice:

**1 C brown rice
2 C broth, brought to a boil
1 small onion, chopped
1/2 t cumin seed**

Rinse rice thoroughly. Sautee onion and cumin seeds until onion is softened, add to broth, add rice. Cook according to package directions.

Make Kale:

**1 med onion, chopped
1 large clove garlic, minced
1/2 t each thyme and oregano
Zest of one lemon
Salt + pepper
1 bunch kale, thick ribs removed, leaves chopped
1 can of beans-I used red kidney and think I will try garbanzos next**

Sautee onion and garlic until soft, add herbs, zest, salt and pepper, stir briefly. Add chopped kale and drained + rinsed beans. Toss until kale is wilted.

Accompaniments:

**Poached egg
Blistered capers--rinse and pat dry 1 T capers, pan fry in a bit of butter until blistered**

To Assemble:

Layer some rice in a bowl, top with kale mixture then egg and sprinkle on capers.