

Sweet Potato, Black Bean, Brown Rice, Corn, and Mustard Green Bowl

Serves 6

Ingredients

2 sweet potatoes, scrubbed and diced	1 teaspoon chili powder
4 teaspoons ground cumin	1 cup frozen corn kernels
Zest of one orange	2 14-ounce cans black beans, drained and rinsed
Pinch of cinnamon	2-3 cloves minced garlic
1 teaspoon dried oregano leaves	2 bunches mustard greens, rib removed, washed and chopped (or use frozen)
¼ teaspoon ground black pepper	Juice of one lime
¼ teaspoon salt	½ bunch cilantro, chopped
1 cup brown rice	
2 cups water or vegetable stock	

Directions

1. Preheat oven to 400°. Toss sweet potato cubes with 2 teaspoons cumin, orange zest, cinnamon, oregano, black pepper and salt. Place sweet potatoes on a foil-lined baking sheet. Place sweet potatoes in oven and roast for 25 minutes or until beginning to turn golden and soften. Set aside and keep warm.
2. Combine rice and stock or water, and a pinch of salt if using water. Bring to a boil, stir in 2 teaspoons cumin, chili powder and corn. Reduce heat to low, cover with a lid and simmer about 25-30 minutes or until water is absorbed and rice is tender. Stir in beans, cover and set aside.
3. Add olive oil to a medium sauté pan and place over medium heat. Add garlic and sauté 1-2 minutes but do not brown. Add greens a handful at a time until wilted and bright green. Add a pinch of salt and a pinch of ground black pepper. Add ½ cups of water and continue cooking until greens are tender – about 10 minutes. Remove from heat.
4. For each serving place rice mixture in a bowl or on a plate, top with greens, top with sweet potatoes. Squeeze lime juice over the top of each portion. Garnish with chopped cilantro. Serve immediately.

