



## Swiss Chard, Lentil & Rice Bowl

4 servings

1 hour

### Ingredients

1/2 cup Brown Rice (uncooked)  
3/4 cup Water  
1 tbsp Coconut Oil  
8 cups Swiss Chard (washed, stems removed and chopped)  
1 tsp Cumin  
1 tsp Paprika  
2 tbsps Extra Virgin Olive Oil  
1 Garlic (clove, minced)  
1 tbsp Apple Cider Vinegar  
2 cups Lentils (cooked, drained and rinsed)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	310
Fat	12g
Saturated	4g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	41g
Fiber	10g
Sugar	3g
Protein	12g

### Directions

- 1 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
- 2 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

### Notes

**Speed it Up,** Use quinoa or brown rice pasta instead of brown rice.

**No Swiss Chard,** Use kale, spinach or collard greens instead.

**More Protein,** Top with a poached egg.