

Southwestern Grain Bowl

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Preparing the Bowl

First, prepare your mise en place.

Evenly place the millet, black beans, kale and corn into bowls.

Step 1: Preparing the Bowl

- 2 cups millet or grain of your choice, cooked according to package directions
- 2 cups black beans or beans of your choice, cooked and strained
- 1/2 bunch kale or greens of your choice, chopped (raw or lightly steamed)
- 2 ears of corn, grilled and stripped from ear

Step 2: Finishing the Dish

- 1/2 avocado, pitted, flesh removed and thinly sliced
 - 1/4 cup salsa of choice
 - 1/4 cup fresh cilantro, chopped
 - 1 jalapeno, sliced thin (optional)
 - 1/4 cup Cashew Sour Cream
- To finish the bowl, top with the sliced avocado and salsa.
- Garnish with the chopped cilantro and thinly sliced jalapeno.
- Serve with Cashew Sour Cream.