

Kale, Black Rice, and Pomegranate Salad

6 servings Prep: 10m Cook: 30m

1 1/2 cups black rice
2 cups water
2 large fuji apples, cored and diced
2 cups baby kale, chopped
1/2 cups pomegranate seeds
1/4 cups sunflower seeds
basic apple cider vinaigrette

1. Rinse black rice in a colander until water runs clear. Combine rice with water in saucepan, add a pinch of salt. Bring to a boil over high heat, reduce to a simmer, cover and cook for approximately 30 minutes. Keep an eye on the rice, when water is fully absorbed, turn off heat to prevent burning.
2. Combine apples, kale, pomegranate, and sunflower seeds in a large bowl. When rice is done, add rice and stir until combined.
3. Drizzle with basic apple cider vinaigrette and toss gently to coat.

Tip: make the black rice in advance and assemble individual salads as needed. Adding roasted cubed sweet potatoes to this salad is delicious, makes the salad look beautiful, and boosts nutritional value. Sweet potatoes are a great source of vitamin b6, potassium, and magnesium (the relaxation and anti-stress mineral)!