



Nutrition Information Per Serving:

Calories: 723
Protein: 42 g
Carbohydrates: 167 g
Fat: 17 g
Fiber: 30 g

PREP TIME 10 mins	COOK TIME 0 mins	TOTAL TIME 10 mins	RECIPE MAKES 1 serving
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Whether you're a kale lover or reluctant to try the trendy green vegetable, this protein power bowl is sure to be a favorite lunch or dinner during the cooler months. With brown rice, lentils, pecans, and protein-packed Lowfat Plain Muuna cottage cheese, this recipe boasts 42 grams of protein and will fuel all of your fall adventures!

INGREDIENTS

- 1 cup Cooked brown rice
- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- ½ cup Kale, chopped
- ¼ cup Butternut squash, chopped and roasted
- ¼ cup Apple, chopped
- ¼ cup Green onions, chopped
- ¼ cup Cooked lentils/split-peas
- ⅛ cup Pecans
- ⅛ cup Dried cranberries
- Salt and pepper to taste

INSTRUCTIONS

- 1) In a medium-sized bowl, add brown rice.
- 2) In order, place the rest of the ingredients (except the cranberries and pecans) in sections around the outer edges of the bowl.
- 3) Add the cranberries and pecans to the center.
- 4) Sprinkle with salt and pepper.
- 5) Enjoy immediately!