



THE
NephChef™



Estimated Time: 25 mins

Nutrition Per Serving

4 Servings

Calories.....	2069
Protein	56g
Total Carbohydrates	268g
Net	217.09g
Sugar.....	17g
Fiber	51g
Total Fat.....	88g
Saturated Fat	13g
Polyunsaturated Fat	14.26g
Monounsaturated Fat.....	57.97g
Trans Fat.....	0g
Cholesterol.....	0mg
Minerals	
Sodium.....	1814mg
Potassium	2955.85mg
Phosphorus.....	1498.75mg
Calcium.....	323.35mg

Recipe provided by
Chef Duane.

Southwest Grain Bowl

Ingredients

- 1 (15 oz.) can of low sodium black beans, rinsed & drained
- 2 cups cooked brown rice
- 2 cups of cooked quinoa
- 1 stalk of celery, chopped
- ¼ green pepper, diced
- ¼ red pepper, diced
- 1 green onion, sliced
- 4 teaspoons fresh cilantro, chopped
- 1 batch of Southwest Dressing (see recipe card)

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Directions

1. Prepare four bowls to evenly divide the above ingredients into four servings.
2. Begin by adding ½ cup rice and ½ cup quinoa to each bowl.
3. Then, add ½ cup black beans to each bowl.
4. Next, evenly distribute the chopped celery and cilantro, diced peppers, and sliced green onion between the four bowls.
5. If you are preparing these bowls ahead of time, wait to add the Southwest dressing (see separate recipe card).
6. If you are serving this dish immediately, drizzle 2 tablespoons of the Southwest dressing over each grain bowl. Enjoy!

Disclaimer: Be sure to speak with your doctor if you have food allergies, food sensitivities (non-IgE reactions), are unsure of an ingredient in this recipe or have specific diet restrictions.