

Black Bean Kale Power Plate

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 cups chopped kale (packed)
- 1 cup cooked black beans (or canned, rinsed)
- ½ teaspoon cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon sea salt
- Juice of ½ lemon
- ½ cup cooked quinoa or brown rice (optional)

- ¼ avocado, sliced (optional topping)
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Instructions

1. Heat olive oil in a pan over medium heat. Add garlic and sauté for 1 minute until fragrant.
 2. Add chopped kale and stir for 3–5 minutes until wilted.
 3. Add black beans, cumin, paprika, and salt. Stir and cook for another 3–5 minutes until heated through.
 4. Squeeze fresh lemon juice on top and remove from heat.
 5. Serve warm over quinoa or brown rice. Top with avocado if desired.
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Benefits

- **Black beans:** rich in protein and fiber, support digestion and muscle repair.
- **Kale:** detoxifying, high in vitamin K and antioxidants.
- **Lemon:** supports liver cleansing and adds brightness.
- **Optional quinoa:** adds complete plant-based protein for energy.