



black bean & kale taco's o nacho's/

organic ingredients /

1 tablespoon coconut oil or pasture butter

1 small red onion, halved and thinly sliced

3 cloves garlic, minced

1 teaspoon ground cumin

1 small head kale (about 5 ½ ounces), tough stems removed, cut in large pieces

1 15-ounce BPA-free canned black beans, rinsed and drained

1 cup frozen corn kernels or 1 ear baked corn, kernels cut off

2-4 ounces goat cheese (optional)

8 6-inch corn or brown rice tortillas or chips

1/4 cup prepared, all natural, no preservatives salsa, or more to taste

1 medium avocado, cubed (optional)

Nutritional value/ 4 servings // 360 cal/ 27% fat cal/ 11g fat/ 3g sat fat/ 15mg chol/ 16g protein/ 55g carb/ 11g fiber/ 357mg sodium (calculated with optional add-ons)

vegetarian, nutrient rich, high in antioxidants, anti-inflammatory, low in calories, high in dietary fiber, vitamins K, A, C, & B6, manganese, copper, and calcium.

In a large skillet, heat **coconut oil/ butter** on medium heat.

Add **onion** and **garlic**; sprinkle with **cumin**, stir to mix, and sauté for 2 minutes.

Add **kale** to skillet. Stir or turn with tongs to coat with oil. Cover and cook for 2 minutes, until just tender and bright green.

Add **beans** and **corn**, and cook for 2 minutes longer to warm through. Add **goat cheese** and stir to mix.

Season with sea salt and freshly ground black pepper to taste, and top with **salsa** and **avocado**.

While kale mixture is cooking, warm tortillas or corn chips in the oven. Place two warmed tortillas or chips on plate and top with kale mixture, salsa and avocado, if desired.