

Turkey Bowl with Cauliflower and Kale

INGREDIENTS

1 bunch cilantro, tough stems removed
1 jalapeno pepper, halved (remove seeds for less heat)
3 tablespoons sliced almonds
Kosher salt
1 tablespoon vegetable oil
1 pound 93 percent lean ground turkey
1 onion, finely chopped
2 cloves garlic, finely chopped
1 teaspoon ground cumin
1/2 pound cauliflower
1 5-ounce package chopped kale (about 6 cups packed)

Directions

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Puree all but 3 tablespoons cilantro with 1/2 cup water, the jalapeno, almonds and 1/4 teaspoon salt in a blender until smooth.

Heat the vegetable oil in a large pot or Dutch oven over medium-high heat. Add the turkey and 1/2 teaspoon salt; cook, stirring and breaking up the meat with a wooden spoon, until browned, about 4 minutes.

Add the onion, garlic and cumin and cook, stirring occasionally, until softened, about 6 minutes. Stir in 1 1/2 cups water, the pureed cilantro mixture, the cauliflower and kale. Cover and bring to a boil, then uncover and reduce the heat to medium. Simmer, stirring occasionally, until the cauliflower is tender, about 15 minutes. Season with salt and serve over the rice. Top with the reserved cilantro.