

GIANT WHITE BEANS WITH GREENS

A show-stopper in the bean category, giant white beans are surprisingly smooth and creamy in this warm salad.

by Chef Kurt Kwiatkowski

Featured Food: Giant White Beans

Yield: Yields about 2 Cups

Ingredients

2-16 oz. cans butter beans, gently rinsed and drained	juice of one lemon
¼ c. julienne red onions	1 T. chopped fresh dill
¾ c. large diced tomatoes	3 T. extra virgin olive oil
2 c. rough chopped kale	salt and pepper to taste

Preparation

Steam chopped kale for about 5 minutes then shock, drain and set aside.

In a small bowl, whisk lemon juice with 2 tablespoons olive oil and fresh dill to make vinaigrette. Set aside.

Heat a non-stick sauté pan over medium heat; when hot, add 1 tablespoon olive oil and red onion and sauté for about 2 minutes. Add kale and butter beans and continue to sauté for additional 4 minutes. Add tomatoes and sauté for 1 minute.

Remove from heat and add in reserved vinaigrette. Gently toss to coat. Taste and season as needed with salt and pepper.

Serve immediately.

Shock: Also called “refresh,” to quickly chill steamed or blanch food by plunging it in ice water to stop the cooking process and to set the color, flavor and nutrient content of the food