

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