

SPOTLIGHT RECIPE



PEPPERED WHITE BEAN, KALE AND EGG STACK

- Combine the beans and 1/2 cup water in a saucepan; bring to a boil. Cook 4 minutes; remove from the heat. Stir in the rind, 1/8 teaspoon pepper and cheese; coarsely mash.
- Heat a Dutch oven over medium-high heat. Add 1 teaspoon of the oil to the pan; swirl to coat. Add the kale and 1/4 teaspoon of salt. Cook 3 minutes or until the kale wilts, stirring frequently. Remove the kale from the pan; keep warm.
- Wipe the Dutch oven clean with a paper towel; return the pan to medium-high heat. Add water to the pan, filling it 2/3 full; bring to a boil. Reduce the heat; simmer. Add the vinegar. Break each egg into a custard cup. Gently pour the eggs into a pan; cook 3 minutes or until desired degree of doneness. Carefully remove the eggs using a slotted spoon; place on a paper towel-lined plate.
- Combine the remaining 1 teaspoon of oil, remaining 1/4 teaspoon of pepper, remaining 1/4 teaspoon of salt, onion, lemon juice, cilantro, parsley and garlic clove in a medium bowl. Divide the bean mixture evenly among 4 plates. Top evenly with the kale, eggs and tomato mixture.

Ingredients

Servings: 4

- 1 (14 1/2-ounce) can unsalted Great Northern beans, rinsed and drained
- 1/2 cup water
- 1/2 teaspoon lemon rind, grated
- 3/8 teaspoon black pepper, divided
- 1 ounce vegetarian Parmesan cheese, grated (about 1/4 cup)
- 2 teaspoons olive oil, divided
- 5 cups kale, chopped
- 1/2 teaspoon kosher salt, divided
- 2 tablespoons white vinegar
- 4 large eggs
- 1/4 cup onion, chopped
- 2 teaspoons fresh lemon juice
- 1 teaspoon fresh cilantro, minced
- 1 teaspoon fresh flat-leaf parsley, minced
- 1 garlic clove, minced
- 1 plum tomato, seeded and finely chopped

