



Great Northern Beans with Kale

Makes 4 servings



2 16 oz cans of Great Northern beans (*lightly rinsed and drained*)*

¼ cup julienned red onions
¾ cup large diced tomatoes

2 cups rough chopped kale
Juice of one lemon
1 tbsp chopped fresh dill
3 tbsp extra virgin olive oil
Salt and pepper to taste

1. Steam the pieces of kale for about 5 minutes, then remove from heat and chill with cold water to stop the cooking process. Reserve for service.
2. In a bowl, whisk lemon juice, 2 tbsp of olive oil and the fresh dill to make a light vinaigrette. Reserve for service.
3. Heat a non-stick sauté pan over medium heat, add 1 tbsp olive oil. Sauté red onion for about 2 minutes. Add kale and Northern beans and continue to sauté for additional 4 minutes.
4. Add tomatoes and sauté for 1 minute, then remove from heat and add in reserved vinaigrette. Toss to coat, then taste and season as needed with salt and pepper. Serve immediately.

* Dry or canned beans may be used

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



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Farmers Market Food Safety Tips

- Wash kale thoroughly before use by running under cold water to remove any soil.
- Wash hands with soap and water before and after handling fresh produce.
- Use a separate cutting board for vegetables and meat, poultry or seafood to prevent cross-contamination.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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