

# 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

- 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.
- 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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