

## Cannellini Beans with Kale



### Makes:

10 servings, 1 cup/182g each

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Gourmet Wok with Cover  
3.5 Qt. Double Walled Bowl

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### Contributed By:

Isis Israel  
Authorized Saladmaster® Dealer  
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### Recipe Description:

This dish includes some of our best choices for calcium-rich foods, and beans are one of our best choices for making sure we have enough protein in our diets. These nutritious ingredients will keep our bones strong and healthy and keep our taste buds happy.

1  
large  
onion, strung, use Cone #2  
2  
small bunches  
kale, curly or dino kale, chopped or torn  
1  
cup  
vegetable broth  
(240  
mL)  
30  
ounces

cannellini beans (white kidney beans)

(851

g)  
<sup>1</sup>/<sub>4</sub>

cup

lemon zest, shredded, use Cone #1; then cut into slices and juice,  
use Cone #1

(60

mL)  
<sup>1</sup>/<sub>4</sub>

cup

sesame seeds

(38

g)

1

teaspoon

soy sauce

(5

mL)

### Directions:

1. Preheat wok on medium heat. When several drops of water sprinkled on the pan skitter and dissipate, place onions in wok and sauté until translucent, about 3 minutes.
2. Add kale, cannellini beans and vegetable broth and stir.
3. Add lemon zest and lemon juice and stir.
4. When Vapo-Valve? clicks reduce heat to low and cook until tender, approximately 10-15 minutes.
5. Place in bowl, sprinkle with sesame seeds and soy sauce, and serve.

### Tips:

- Tasty side-dish for a bowl of hearty stew.
- Toast garlic bread and serve cannellini beans with kale on top.

Nutritional Information per Serving

**Calories:**

333

**Total Fat:**

3g

**Saturated Fat:**

1g

**Cholesterol:**

0mg

**Sodium:**

201mg

**Total Carbs:**

58g

**Dietary Fiber:**

14g

**Sugar:**

1g

**Protein:**

22g