

EVERBLOSSOM FARM RECIPES

BY JODÉ LEMMON

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WHITE BEAN AND KALE GRATIN

If you attended the Everblossom Farm tour and picnic, I'm sure you haven't forgotten John's yummy bean dip. He had many requests to include it in these recipes. So, without further ado...

White Bean and Kale Gratin

6 whole kale leaves
3 cloves garlic, thinly sliced
1 tablespoon olive oil
2 15-oz. cans cooked white beans, drained well
1 ½ cups sharp cheddar cheese, grated
1 tablespoon tamari
¼ teaspoon pepper
Salt to taste
Cooking spray
¼ cup chopped almonds (John uses tamari roasted almonds)

Preheat oven to 350 degrees. Wash the Kale, remove heavy stems, and blanch it in boiling water for 1 to 2 minutes until it turns bright green. Remove it immediately; rinse it in cold water, and drain. Coarsely chop and set aside.

In sauté pan over medium heat, sauté the garlic in olive oil for 1 to 2 minutes until it's golden. Be careful not to burn the garlic.

In a large mixing bowl, combine beans, kale, garlic, cheese, tamari, pepper, and salt. Spray a 1-quart casserole dish with cooking spray. Transfer the bean mixture to it. Sprinkle with chopped almonds and bake for 20 minutes.

Kitchen Notes: As I mentioned in a previous recipe, tamari is aged soy sauce. Serve this sophisticated bean dip with crusty bread or tortilla chips.

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.