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Warm Bean Side Salad

INGREDIENTS

2 cans of cannellini beans – drained
2 cloves of garlic – very finely chopped
2 large handfuls of curly kale
2 tablespoons of grated parmesan
Sea salt to taste
Olive oil
Red pepper flakes

PREPARATION

- 1 Add the chopped garlic to a pan with olive oil and sea salt. Sauté on a high temperature until garlic is slightly brown.
- 2 Add the beans and the chopped kale. Continue to sauté until the kale wilts.
- 3 Stir in 1 tablespoon of the parmesan, and mix well.
- 4 Serve and sprinkle the remaining parmesan on top with the red pepper flakes to taste.

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