

Skillet Bruschetta with Beans and Greens



The weeknight, veggie-heavy, nothing-in-the-house-to-eat dinner. Top with a fried egg if you're feeling peckish.

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INGREDIENTS

8 3/4"-thick slices crusty bread
6 tablespoons olive oil, divided, plus more
Kosher salt, freshly ground pepper
2 garlic cloves, thinly sliced
1/2 teaspoon crushed red pepper flakes
2 15-oz. cans cannellini beans, rinsed
1 bunch kale or mustard greens, ribs removed, leaves torn into bite-size pieces
1/2 cup low-sodium vegetable or chicken broth
1 tablespoon fresh lemon juice

PREPARATION

Heat a large skillet over medium heat. Brush bread on both sides with 4 Tbsp. oil total. Working in 2 batches, cook bread, pressing occasionally to help crisp, until golden brown, about 3 minutes per side. Season toast with salt and pepper and set aside.

Increase heat to medium-high and heat remaining 2 Tbsp. oil in same skillet. Add garlic and red pepper flakes and cook, stirring, until fragrant, about 30 seconds.

Add beans and cook, stirring occasionally, until beginning to blister, about 3 minutes. Using a spoon, lightly mash about half of the beans. Add kale and broth and cook, tossing often, until kale is wilted, about 2 minutes. Add lemon juice; season with salt and pepper.

Serve beans and greens mixture over toast, drizzled with oil.

Nutritional Information

Calories (kcal) 630 Fat (g) 26 Saturated Fat (g) 3 Cholesterol (mg) 0 Carbohydrates (g) 84 Dietary Fiber (g)
14 Total Sugars (g) 4 Protein (g) 22 Sodium (mg) 810