

# White bean, kale and yam sauté over grilled goat cheese toasts

(serves 4)

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2T olive oil

2 tsp minced fresh garlic

1 tsp red chili flakes

1T minced fresh sage

1/2 cup red onion, julienned

2 cups 1/2" roasted yam chunks

15 oz can organic cannellini beans,  
drained and rinsed (just under 2 cups)

1 bunch lacinato or dinosaur kale,  
washed and cut into 1/2" strips (about  
4–5 cups)

1/4 cup white wine (opt)

1/4 cup veggie broth

1 tsp salt

A few grinds of fresh black pepper

In a cold pan start the olive oil over medium heat, add the garlic, chili flakes and sage.

Once the garlic starts to sizzle, add the red onions and sauté for about two minutes.

Now, add the wine and use the rubber spat or wooden spoon to dislodge any bits that may have stuck to the bottom of the pan.

Add the yams and beans to the pan and get them coated with all the goodies already in the pan; about a minute should do it.

Finally, add the kale and toss the whole thing very well, again coating all the veggies. Turn the heat up to med-high and add the veggie broth; cook another two minutes. Put a lid on the pan, turn it back down to low and cook for 2–3 more minutes.

Season with the salt and pepper.

Serve with goat cheese toasts.

**To roast yams:** Place like-sized (med) yams on a cookie sheet with foil or parchment paper on it, and bake in a 350° oven for about 40–45 minutes. Don't overcook the yam, as it will break down too much when tossed with the other ingredients. Additionally, chilling the yams prior to slicing is helpful if you have cooked them too tender.

## Goat cheese toasts

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4 slices of good hand-sliced bread:  
como loaf, cibatta or baguette are nice

2T olive oil

1 tsp salt

1/2 tsp fresh ground black pepper

4 oz good quality soft goat cheese

2T chopped fresh flat leaf parsley

Brush the bread with the olive oil and season it with salt and pepper. Grill the bread on both sides until very toasty.

Or preheat your broiler and toast the bread on both sides until it is brown and toasty.

Spread each slice with an ounce of goat cheese (walnut sized ball), and sprinkle with parsley.

A drizzle of additional olive oil is not a bad thing.