

Roasted Beans with Leeks and Garlic

In a salad, On toast, by themselves, these beans do it all.

Salad and dressing recipe included

For the beans:

Ingredients:

Two cans of garbanzo beans cleaned and drained
1 medium to large leek, cleaned and roughly chopped
3 garlic cloves peeled, thinly sliced
EVOO
Good pinch Pinch of crushed red pepper
1/2 teaspoon dried thyme
Salt and pepper to taste
Chicken broth and dry white wine as needed
1 pat of butter
Fresh parsley for serving
fresh squeezed lemon (at end for finishing)

Method:

1. In a heavy bottom saucepan bring to medium heat. Add EVOO to the pan and a pat of butter, once it sizzles, cook your leeks until golden(don't add salt yet, they will brown without).

Once the leeks are browned, add a pinch of salt, the crushed red pepper, beans, and garlic. Let that cook off a bit, until the beans are golden, add more oil if they stick and a splash of broth. If using the wine, turn up heat before adding, so it cooks down. Cook a bit more, once coming together, lower the heat. It should be crispy and gooey.

2. Take off the heat. At this point you could add some lemon, salt and pepper to taste. Serve and enjoy.

Part two:

For the Salad :

This salad can feed a crowd about 6-8, or you can pair it down for 1.

(and dressing)

Ingredients:

For the dressing:

1 small shallot finely chopped
1 garlic clove finely chopped
1 part EVOO (about ¼ cup, use more if needed)
1 tsp dijon mustard
1 tsp of dried herbs de provence (use dried thyme if don't have)
½ tsp crushed red pepper
good pinch of flaky sea salt or maldon sea salt flakes
1 tablespoon of red wine vinegar, or apple cider (both work well here)
1 jam jar with lid

Method:

In a jam jar mix all the ingredients, put the lid on and shake shake shake. Taste if you need more acid, salt or fat (the EVOO). I like my dressing more acidic to break down the greens, but make it to your liking.

For the salad:

5 oz fresh mixed greens
2 oz grape tomatoes, cleaned and halved (i like to de seed mine- optional)
1 celery stalk roughly chopped
1 english cucumber, cleaned and quartered
2-4 6 min boiled eggs (optional)
feta or goat cheese about 1-2 oz (optional)
fresh lemon
EVOO for finishing
salt and pepper to taste
as much beans from above as you'd like, you can use all the cooked beans, or just a sprinkle.
crusty bread, or sourdough toasts (optional)

Method:

1. Make the dressing first. After you chop all your veg, sprinkle a pinch of salt over the tomato and cucumber, mix with your hands a bit. If you are using eggs, deshell, and halve, season, and serve on the side at the end.

Once you finish the beans and they have cooled, take all the salad ingredients and add it to the pan, mix it all together, then a good squeeze of lemon, then the cheese (if using)

and a bit of the dressing. Start slow, and mix well, then add more dressing as desired. Serve right out of the pan, in the middle of the dinner table, serve family style with crusty bread.

2. Option two, is you can mix the salad in a bowl, and do the above method, but add just a little of the bean mixture, and reserve the rest for the week's meals.

If your crowd would rather build your own salad bar, then place them all out on the counter, bowls, the ingredients leave on the cutting board, and folks can build their own salads.

Cheers x
Nicole