

Roasted Cauliflower and Cannellini Bean Meuniere



FOODSERVICE



SERVING SIZE: 2

Ingredients

- 2 tablespoons Olive Oil
- 1 each Head of Cauliflower, cut into florets
- 2 cups **Furmano's White Kidney Beans**, Drained
- 1/4 cup Grated Parmesan Cheese
- 2 tablespoons Olive Oil
- 2 Sliced Garlic Cloves
- 1 each Chopped Shallot
- 1 each Chopped Kale, bunch with ribs removed
- 1/4 cup Water
- 1/4 cup Butter
- 1 teaspoon Chopped Parsely
- 1 each Lemon
- 1 tablespoon Chopped Capers
- 2 each Eggs Cooked Over Light

In This Recipe



White Kidney Beans
(Cannellini Beans) - 15.5 oz.



Low Sodium - All Natural
White Kidney Beans
(Cannellini Beans)

Preparation

1. Preheat oven to 500 degrees.
2. In a large bowl, add chopped Cauliflower, White Kidney Beans, and Olive Oil. Toss to coat with oil.
3. Place on a large sheet pan and roast in oven for 20 minutes, stirring half way or until golden brown and tender. Before removing from oven, add Parmesan Cheese and roast an additional 5 minutes.
4. While Cauliflower is roasting, place a large saute pan over medium heat. Add Olive Oil.
5. Saute Garlic and Shallots until translucent. Add Kale and saute for 1 minute to wilt.
6. Next add Water and cook for another 8 minutes to fully wilt Kale.
7. In a separate pan over medium high heat, add Butter and cook until it just starts turning brown. Remove from heat.
8. Add juice from Lemon, Parsley, and Capers. Mix to combine.
9. Combine Roasted Cauliflower, Kale, and Sauce. Top with Over Light Egg when serving.

