



Week 1: Recipes and Shopping List

Cannellini beans



Garlic Kale and White Bean Hash

Serves: 4 | Time: 15 minutes

Ingredients

- 2 cups (about 1.5 cans) cooked cannellini beans, rinsed and drained
- 1 tablespoon olive oil
- 2 cloves garlic, diced
- 1 cup red bell peppers, chopped
- 1 head curly kale, destemmed and roughly chopped
- 4 eggs

Instructions

1. Heat olive oil in a large pan over medium-high heat. Add the peppers and cook for about 3 minutes, then add the garlic and cook for 1 more minute before adding the kale to the pan. Cook until wilted, then add the beans and continue to cook for one more minute. Season to taste.
2. Transfer the kale mixture to four serving bowls, then crack the eggs in the hot pan. Cook to your preference before topping each serving bowl with one egg.



Citrus and White Bean Salad

Serves: 4 | Time: 15 minutes

Ingredients

- 2 cups (about 1.5 cans) cooked cannellini beans, rinsed and drained
- 2 oranges
- ¼ cup olive oil
- 2 tablespoons white wine vinegar
- 2 cups baby arugula
- 2 avocados, peeled and thinly sliced
- 1 red onion, thinly sliced

Instructions

1. Make a simple dressing by combining the juice and zest from one orange with the olive oil, white wine vinegar and a pinch of salt in a jar with a tightly fitted lid. Close and shake until combined.
2. Peel and slice the remaining orange. Divide the arugula between four bowls, then top each with beans, orange slices, avocado and onion. Drizzle with dressing before serving.



White Bean, Sausage and Kale Pizza

Serves: 4 | Time: 25 minutes

Ingredients

- 2 cups (about 1.5 cans) cooked cannellini beans, rinsed and drained
- ½ pound pork or chicken sausage
- 1 package store-bought, raw pizza dough
- ½ cup ricotta cheese
- ½ cup mozzarella cheese, shredded
- 1 cup lacinato kale, chopped

Instructions

1. Pre-heat the oven to 450 degrees and line a large sheet pan with parchment paper. Set aside. Place the sausage in a skillet over high heat and cook until brown, about 7 minutes. Remove from heat and set onto a paper towel-lined plate.
2. Divide the dough into 4 pieces and roll each piece into a roughly 6-inch circle. Place on the prepared sheet pan.
3. Top each with mozzarella, dollops of ricotta, white beans, sausage and kale. Bake until edges are golden brown and crispy, about 15 minutes.

Shopping List — Week 1

PRODUCE

- 1 head of curly kale (or kale of choice)
- 1 head of lacinato kale (or kale of choice)
- 1 cup mini red bell peppers or one large red bell pepper
- 2 cloves garlic
- 2 avocados
- 1 small red onion
- 2 oranges
- 2 cups baby arugula

DAIRY AND MEAT

- ½ pound ground pork or chicken sausage
- 4 large eggs
- 2 cups shredded mozzarella cheese
- 1 15-ounce container of whole milk ricotta cheese

FROZEN AND REFRIGERATED

- 1 package pre-made raw pizza dough

PANTRY

- 5 cans cannellini beans (or 3 cups dry)
- Olive oil
- White wine vinegar



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