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Northarvest Bean Growers Association Recipe Booklet

Recipes developed by The Culinary Institute of America as an industry service to the Northarvest Bean Growers Association.

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APPETIZERS

MULTIGRAIN BRUSCHETTA WITH NAVY BEANS AND SWISS CHARD

Yield: 6 Portions

Ingredients	Amounts
Extra-virgin olive oil	1/3 cup
Garlic clove, thinly sliced	3 ea.
Red pepper flakes	1/2 tsp.
Rosemary (or sage), minced	1 Tbsp.
Navy beans, rinsed and drained	1 12-oz. can
Vegetable stock or water	1/4 cup
Salt	as needed
Ground black pepper	as needed
Swiss chard, stems removed, coarsely chopped	1 bunch
Multigrain bread slices	6 ea.

Method

1. Heat 1 tablespoon of olive oil in an 8-inch skillet. Add 2/3 of the sliced garlic cloves, the red pepper flakes, and rosemary, and gently cook until aromatic, less than one minute.
2. Add the beans, tossing them in the aromatic olive oil for one more minute. Remove the pan from the heat.
3. Add the bean mixture to a food processor, adding 2 tablespoons of olive oil and the vegetable stock. Purée until smooth, adjusting the seasoning to taste with salt and pepper. Set aside and cool to room temperature.
4. Bring 2 quarts of water with a pinch of salt to a boil, and add the Swiss chard. Simmer the Swiss chard for 1 to 2 minutes, until it is wilted and tender. Rinse the chard in cold water, and pat dry.
5. Heat the remaining olive oil in the skillet, add the Swiss chard, remaining garlic, and salt and pepper to taste. Sauté for 2 to 3 minutes, and set aside.
6. Toast the bread in the oven or under a broiler.
7. Spread the white bean puree on the toasted bread, top with the greens and serve.

STUFFED KING OLIVES BRAISED IN AN EXOTIC TOMATO SAUCE WITH WHITE BEANS

Yield: 36 to 48 Olive Balls, or 6 to 8 Portions

Ingredients	Amounts
<i>Tomato sauce</i>	
Onion, thinly sliced	¾ cup
Garlic cloves, minced	5 ea.
Extra-virgin olive oil	¾ cup
Tabbil (recipe follows)	2 tsp.
Sweet paprika	1 tsp.
Curry powder	2 tsp.
Salt	as needed
Ground black pepper	as needed
Tomatoes, canned, crushed	1 cup
White beans, small, drained, cooked	1 cup
Preserved lemon, thinly sliced (recipe follows)	½ ea.
Capers, brine-cured, coarsely chopped	2 Tbsp.
<i>Filling</i>	
Flat-leaf parsley, chopped	2 cups
Onion, medium, chopped	1 ea.
Chicken, lean, finely ground	½ lb.
Fine dry bread crumbs	¾ cup
Gruyere, freshly grated	2 Tbsp.
Eggs, large	4 ea.
Feta cheese, coarsely crumbled	1 ½ cups
Green olives, large, pitted	3-4 doz.
All-purpose flour	¾ cup
Parsley or cilantro, chopped, for sprinkling	as needed

Method

1. *For the tomato sauce:* Combine the onion and garlic with ½ cup of the olive oil. Add 2 teaspoons of tabbil, paprika, and curry powder and sauté very gently over medium-low heat until the onion is soft.

2. Add salt, pepper, and tomatoes. Stir in a cup of hot water and when the mixture begins to simmer, cover, and cook very gently for about 20 minutes, or until the sauce is thick.
3. Add the beans and combine. Then stir in the preserved lemon and capers. Remove from the heat and set aside.
4. This sauce can be made in advance and stored in the refrigerator for a week or so.
5. *For the filling:* Combine the parsley and onion with $\frac{1}{4}$ cup of the olive oil, and sauté gently over medium-low heat until the onions are very soft and translucent. Place in a mixing bowl and allow to cool.
6. Add the chicken bread crumbs, gruyere, and 2 of the eggs.
7. Using your hands, knead the mixture well. Stir in the feta. If the mixture is too soft, add another tablespoon or so of bread crumbs.
8. To assemble the stuffed olives, heat a shallow sauté pan with about 1 cup of cooking oil until the heat reaches about 350°F. The oils should be about $\frac{1}{2}$ -inch deep.
9. Cut the olives halfway open, lengthwise, and stuff about 1 tablespoon of filling in and around the fruit. (The outside of the olive is also covered with the “filling” similar to a meatball.)
10. When the olives are stuffed, bread them by dipping the olives first into a light coating of flour, into remaining beaten egg, and then drop in the preheated oil.
11. Turn the olives with a fork and when each one is firm and browned on all sides, remove and drain briefly on an absorbent towel.
12. Bring the tomato-bean sauce back to a simmer, adding another cup of hot water to the mixture. When all the olive balls have been fried, drop them in the simmering sauce. Cover and let simmer for 10 minutes to heat through. You can either do this on top of the stove or in a 350°F oven.
13. *To serve:* Serve with either parsley and cilantro or both to suit your taste.

Note: The spices in the original Tunisian dish are a blend known as tabbil. The recipe is simple if you have all the ingredients on hand; otherwise, curry powder can be substituted for the tabbil.

Adapted from a recipe by The Mahjoub Sisters

TABBIL

Ingredients	Amounts
Coriander seeds, toasted	3 Tbsp.
Cumin seeds, toasted	1 ½ Tbsp.
Caraway seeds, toasted	1 Tbsp.
Crushed red pepper flakes	½ Tbsp.

Method

1. Grind all the spices together into a powder and store in an airtight container for up to 3 months.

PRESERVED LEMONS

Ingredients

Amounts

Lemons	18 ea.
Water	6 cups
Salt	3 cups

Method

1. Cut lemons into quarters, top to bottom, but not all the way through, leaving about 1 inch uncut.
2. By doing this you can spread the quarters like a flower and they will stay together. Pack the lemons into a non-reactive jar or glass cookie jar.
3. Meanwhile, prepare a brine by boiling the water and salt.
4. Once it boils, pour the hot brine over the lemons; the lemons should be completely submerged.
5. Seal the jar and allow the lemons to cure at room temperature for 4 to 6 weeks. When they are ready, the flesh will separate from the rind very easily and the rind will be translucent without any of the chalky whiteness of the raw lemon rind.
6. Refrigerate the lemons at this stage.
7. The lemons should keep easily for 6 months. If mold should form on the surface of the brine, drain and strain the brine, and bring it to a boil. Pour the hot brine over the lemons and redouble your efforts.
8. Do not reach into the lemons with dirty hands or tools, and keep the lemons covered.

GARLIC AND WHITE BEAN BRUSCHETTA WITH BOQUERONES

Yield: 24 Each

Ingredients	Amounts
<i>For the beans</i>	
Extra-virgin olive oil	2 Tbsp.
Garlic clove, finely chopped	2 Tbsp.
Red pepper flakes	½ tsp.
Thyme, minced	1 tsp.
Sage, minced	1 tsp.
Great northern beans, cooked	2 cups
Salt	as needed
Ground black pepper	as needed
Country bread slices, halved, then sliced ½" thick	24 ea.
Garlic clove, whole	1 ea.
Extra-virgin olive oil	¼ cup
White anchovies (boquerones)	24 ea.
Piquillo peppers, sliced thinly	3 ea.
Italian parsley, minced	3 Tbsp.

Method

1. *For the bean purée:* Place the 2 tablespoons of olive oil, garlic, red pepper flakes, and herbs in a medium sauté pan. Cook over low heat for 5 minutes. Add the cooked great northern beans, salt, and pepper to taste. Cook over medium-low heat for about 10 minutes, or until the flavors meld.
2. Place in a food processor and process until smooth. If the mixture seems dry, add a little water and olive oil to achieve a creamy texture. Keep warm.
3. Meanwhile, grill the bread on both sides. Wipe one side of the bread with the whole garlic, and brush with olive oil.
4. Top each piece of toasted bread with about 2 tablespoons of the white bean purée and one piece of white anchovy and two strips of piquillo pepper.
5. Sprinkle a little minced parsley on top and serve.

Note: Bruschetta is a classic Italian appetizer made with toasted bread and a topping. The best known Italian version uses a topping of tomatoes, garlic, olive oil, and basil. This Spanish-influenced version features a creamy white bean purée topped by boquerones, beautiful white anchovies preserved in oil and vinegar, and sweet and mildly spicy piquillo peppers.

BRAZILIAN BEAN FRITTERS

Yield: 6 Portions

Ingredients	Amounts
White beans, cooked	2 cups
Tomato sauce	2 cups
Butter	2 Tbsp.
Onion, minced	2 Tbsp.
All-purpose flour	2 Tbsp.
Egg yolks	2 ea.
Salt	as needed
Ground black pepper	as needed
Egg, beaten	1 ea.
Bread crumbs	2 cups
Oil, for frying	as needed

Method

1. Place the beans in a food processor and pulse a few times to purée; not too fine at first. Add 1 cup of the tomato sauce and pulse to combine.
2. Melt the butter in a saucepan and gently sauté the minced onion.
3. Stir in the flour. Pour in the bean purée and stir to combine; add egg yolk and season with a salt and pepper.
4. Cook over medium-low heat, stirring constantly until mixture is thick enough to hold its shape. This takes from 20 to 30 minutes. Cool thoroughly.
5. Shape into small balls; roll in bread crumbs, then beaten egg and again in bread crumbs.
6. Fry in 350°F oil until golden brown, about 3 minutes.
7. Serve with the remaining warmed tomato sauce.

Note: These creamy-on-the-inside, crispy-on-the-outside fritters can be served as an appetizer or side dish. The traditional Brazilian dish uses black eyed peas, but we've created a version that uses white beans for a creamier texture.

PORK AND PUMPKIN EMPANADAS WITH BLACK BEANS AND QUESO ANEJO

Yield: 16 – 18 Large Empanadas

Ingredients	Amounts
Tomatillos	8 oz.
Roma tomatoes	12 oz.
Garlic, cloves	4 ea.
Chipotles in adobo	4-5 ea.
Olive oil	2 Tbsp.
Pork butt, diced, ¼"	1 lb.
Onion, medium, diced	1 ea.
Chicken broth, or water	½ cup
Pumpkin or butternut squash diced, ¼"	1 lb.
Black beans, cooked, drained	1 lb.
Queso anejo, finely crumbled	3 oz.
Salt	as needed
Sugar	as needed

Method

1. Peel the papery husks from the tomatillos and wash them. Place tomatillos on a sheet pan under the broiler and broil until they blacken and soften on the first side, about 5 minutes.
2. Turn and repeat on the second side. When done they should be fully softened and charred. Allow them to cool and then peel away the worst of the blackened skin.
3. Place what remains along with any juices into the blender. Do the same with the tomatoes.
4. Toast the unpeeled cloves of garlic over low heat in a small sauté pan and turn them occasionally until they are softened and coloring, about 20 minutes.
5. Peel the garlic and place in the blender. Add the chipotles to the blender and purée until smooth. Reserve.
6. In a shallow pan, sauté the pork in olive oil until light golden brown. Add the onions and continue to cook, stirring periodically until the onions are translucent.
7. Add the reserved purée and ¼ cup of the broth and simmer until the pork is just tender. If you need to add additional broth, your goal is for the pork to be tender and the liquid to be thick and flavorful, but not dry.
8. Add the pumpkin and cook for an additional 8 minutes under a lid until the pumpkin is tender. Let this mixture cool.
9. Drain the black beans and fold them into the pork-pumpkin mixture. Add the cheese and season with salt and sugar. If you prefer this mixture to be spicier, add some of the sauce from the chipotles.
10. Let the mixture chill. The finished *appareil* should be moist and full flavored, but not runny. This is your empanada filling.

BAKED EMPANADA DOUGH

Yield: 60 Ounces, or 18 Large Empanadas

Ingredients	Amounts
All-purpose flour	9 cups
Butter (1 ½ sticks), cold	18 oz.
Water, cold	7 ½ oz.
Egg	3 ea.
Salt	¾ tsp.

Method

1. Pour the flour into a food processor. Cut the butter into 12 to 16 even-sized pieces and add them to the flour. Pulse the food processor until the butter is about the size of peas.
2. In a separate, small bowl, mix the water and the egg until it is homogenous and add the mixture to the flour and butter. Pulse until the mixture just begins to hold together when you squeeze it in your hand.
3. Add slightly more water, if needed, but do not over mix. Remove the dough, flatten, and wrap it in plastic wrap. Let chill for 1 hour or overnight.
4. Roll the dough out on a floured board to slightly less than an ⅛-inch. Cut the dough into rounds using a cutter, bowl, or a plate. (I prefer the empanadas large so cut the dough out about 3½ inches across.)
5. Top each dough round with some of the chilled empanada filling. (When first preparing the recipe, it may be easier to seal the empanadas to avoid over filling them, but as you gain experience you can add slightly more filling.)
6. Moisten the edges of the dough round with a beaten egg to help them stick. First, fold over the dough to create a turnover and then using a fork you can seal the edges further with a decorative marking.
7. This is perhaps the simplest way to seal the pastry. Brush the pastry with egg wash (1 beaten egg mixed with 1 tablespoon of water) and transfer the pastry to a greased baking sheet while you complete filling the empanadas.
8. Preheat the oven to 400°F.
9. Place the finished empanadas in the oven to bake for about 20 minutes, or until the pastry is golden. Let cool slightly before serving.

Note: For a richer filling, you can add 4 ounces of grated Jack cheese to the cooled filling.

For a simple sauce to accompany the empanadas, mix 1 cup of sour cream with the juice of 1 lime, 2 tablespoons of chopped cilantro, and enough water to make a thick but pourable sauce.

PINTO BEAN, MONTEREY JACK CHEESE, & RED SALSA QUESADILLA, SALSA VERDE

Yield: 12 Each

Ingredients	Amount
<i>Bean filling</i>	
Canola oil	2 Tbsp.
White onion, peeled and fine diced	1 ea.
Garlic, minced	2 Tbsp.
Chili powder	1 tsp.
Thyme sprig	1 ea.
Pinto beans, cooked	2 cups
Roasted red bell pepper, diced	1 ea.
Salt	as needed
Ground black pepper	as needed
Green onions, sliced	4 ea.
Monterey Jack cheese	1 cup
Red salsa, mild	½ cup
 <i>Tomato salsa</i>	
Tomatillos, husked, rinsed and diced	3 cups
White onions, minced	¼ cup
Garlic, minced	2 tsp.
Serrano peppers, stemmed and minced	1 Tbsp.
Lime juice	2 Tbsp.
Cumin, ground and toasted	½ tsp.
Cilantro	2 Tbsp.
 Whole wheat tortillas, 8"	 12 ea.
Vegetable oil	as needed
 Avocado, cleaned and diced	 1 ea.
Cilantro, picked and cleaned	¼ bu.
Sour cream	½ cup

Method

1. *For the bean filling:* In a sauté pan, add the canola oil and, over medium heat, sauté the onions until soft and starting to color. Add the minced garlic, ancho powder, and thyme sprig and cook for another 3 to 4 minutes. Add the cooked pinto beans and cook down for 3 to 4 minutes. Add the roasted red pepper and toss to combine. Season with salt and pepper and cool.
2. Once cool, add the green onions, jack cheese and red salsa; mix gently to incorporate. Chill completely.

3. *For the salsa verde:* Place tomatillos into a saucepan and cover with cold water. Bring to a boil and simmer for 2 minutes and take off the heat. Drain the tomatillos, reserving the liquid.
4. Place the rest of the ingredients except for the cilantro to a blender and purée until smooth, adding any cooking liquid needed to keep it moving. Add the cooked tomatillos and purée until smooth. Add the cilantro and pulse. Remove and chill.
5. *To assemble:* Lay out your flour tortillas on a work table. Evenly distribute the filling on the front half of the tortillas. Fold the top half over and brush both sides with the oil and sauté on both sides until golden brown and hot in the middle.
6. Cut the finished quesadillas into four pieces and top with sour cream, avocado, cilantro, and drizzle with salsa verde.

GRILLED FLATBREAD WITH SPICY WHITE BEAN PURÉE, OYSTER MUSHROOMS, KALE, AND WILD BOAR SAUSAGE

Yield: 8 Portions

Ingredients	Amounts
<i>Flatbread</i>	
Yeast	½ oz.
Sugar	¼ cup
Milk, warmed	¼ cup
Egg	1 ea.
Salt	2 tsp.
Bread flour	4 cups
Whole wheat flour, light	½ cup
Water	1 ¼ cups
Olive oil, for brushing	as needed
<i>Oyster Mushroom Topping</i>	
King oyster mushrooms, torn	1 lb.
Salt	as needed
Ground black pepper	as needed
Spicy White Bean Purée (recipe follows)	1 ½ cups
Lacinato kale, stemmed, cut fine	1 bu.
Olive oil	3 Tbsp.
Lemon juice	2 Tbsp.
Red onion, peeled, sliced thin, and caramelized	2 ea.
Wild boar sausage, sautéed	1 lb.
Pecorino cheese, grated fine	2 oz.

Method

1. *For the flatbread:* In a medium bowl, combine the yeast, sugar, and warm milk and let the yeast bloom.
2. Mix in the rest of the ingredients and add the water; combine and knead thoroughly until you have smooth dough. Keep aside for 1 hour in a warm place.
3. Divide the dough into 4-ounce portions and shape them into tennis size balls.
4. Brush a little olive oil on top of each dough ball and cover with a piece of cloth for at least 15 minutes.
5. Flatten each ball of dough like a pancake by tossing and slapping with both hands; roll out to about ⅛-inch. Brush with olive oil and grill on both sides until cooked.
6. *To cook the mushrooms:* In a large hot sauté pan, add a little olive oil, the mushrooms, salt, and pepper, and sauté until soft and just starting to color. Remove and cool.

7. *To assemble:* After the flatbread has cooked, spread a little white bean purée on the warm bread. Place the kale into a bowl and toss with the olive oil and lemon juice; let sit for 3 minutes.
8. Spread the caramelized red onions over each of the flatbreads, and then top with the sautéed mushrooms. Sprinkle the kale over each flatbread, then top with the cooked sausage; sprinkled with the grated cheese.
9. *To serve:* Bake again at 375° for 5 minutes, remove, and serve.

SPICY WHITE BEAN PURÉE

Ingredients	Amounts
Great Northern beans, drained and rinsed (liquid reserved)	1 cup
Garlic cloves, minced	2 ea.
Harissa	1 Tbsp.
Water	½ cup
Olive oil	½ cup
Salt	1 tsp.
Ground black pepper	½ tsp.

Method

1. Purée the beans in a food processor with the garlic, harissa, and reserved water to make a smooth and spreadable purée; add more oil if needed to make the purée as smooth as peanut butter.
2. Season with salt and pepper and transfer to a mixing bowl.

SPANISH WHITE BEANS WITH SMOKED PAPRIKA AND CHORIZO

Yield: 4 Portions

Ingredients	Amounts
Extra-virgin olive oil	¼ cup
Spanish chorizo (such as Bilao) sliced ¼" thick	½ lb.
Onion, medium, peeled, minced	1 ea.
Garlic cloves, peeled, minced	3 ea.
Salt	as needed
Ground black pepper	as needed
Tomato paste	¼ cup
Pimentón dulce	1½ tsp.
Pimentón picante	½ tsp.
Ground black pepper	½ tsp.
Tomato, grated	1 cup
Great Northern Beans, soaked overnight with a pinch of salt, strained	1 lb.
Water	1 qt.
Lemon peel, ½" x 2"	1 ea.
Salt	as needed
Parsley, finely chopped	2 Tbsp.
Bread slices, ½" pieces, grilled with olive oil	12 ea.

Method

1. Heat oil in a large skillet over medium-low heat. Add chorizo and brown slightly, remove from pan.
2. Add onions and cook until soft, about 10 minutes. Add garlic and cook until fragrant then season with salt and black pepper.
3. Add tomato paste and cook until rust color, then add pimento and grated tomato. Cook and reduce juices until thickened, then add soaked beans and water. Bring to a simmer.
4. Reduce heat to medium-low, cover, and cook until beans are tender, about 1 to 1 ½ hours.
5. When the beans are very tender, add lemon peel, browned chorizo and salt, and simmer for 10 more minutes. There should be thick liquid and it should be the consistency of stew.
6. Garnish with parsley and serve with grilled bread.

PARATHA WITH RED KIDNEY BEANS, GREEN ONIONS, AND TOMATO CHUTNEY

Ingredients	Amounts
<i>Paratha</i>	
Whole meal flour, fine	1 ½ cups
All-purpose flour	1 ½ cups
Kidney beans, dry, ground to flour	¼ cup
Salt	1 ½ tsp.
Clarified butter, ghee	6-8 Tbsp.
Water	1 cup
Extra ghee, for cooking	1 cup
Red Kidney Beans, cooked	1 lb.
Green onions, thinly sliced	1 bu.
<i>Tomato chutney</i>	
Canola oil	½ cup
Dried red chilies	2 ea.
Black mustard seeds	1 tsp.
Cumin seeds	¼ tsp.
Fenugreek seeds	¼ tsp.
Asafetida	¼ tsp.
Coriander, ground	1 tsp.
Paprika	1 tsp.
Curry powder	½ tsp.
Turmeric	½ tsp.
Tomatoes, finely chopped	2 lb.
Sugar	¼ cup
Salt	as needed
Tomato paste	2 tbsp.

Method

1. *For the paratha:* Sift whole meal flour, white flour, bean flour and salt into a mixing bowl and rub in 1 tablespoon of the ghee. Add water, mix and knead dough. Cover dough with clear plastic and set aside for 1 hour.
2. *For the chutney:* Combine the oil, red chilies, mustard seeds, cumin, and fenugreek in a deep pot, large enough to hold the tomatoes. Cook, stirring over medium-high heat until the chilies and cumin darken, about 3 minutes.
3. Add the asafetida and cook, stirring, 30 seconds.
4. Add the coriander, paprika, curry powder, and turmeric and cook stirring, 30 seconds.
5. Add the chopped tomatoes and stir. Add the sugar, salt, and tomato paste and stir well.
6. Then cook, stirring every now and then, until the oil has separated and the chutney begins to stick to the bottom of the pan, about 30 minutes.
7. Melt ghee over a low heat and cool slightly.
8. Divide dough into 12 to 14 equal portions and roll each into a smooth ball.

9. Roll each ball of dough on a lightly oiled board into a very thin circular shape. With a knife, make a cut from the center of each circle to the outer edge.
10. Pour 2 teaspoons of the melted ghee into the center of each and spread lightly with a spoon.
11. Starting at the cut edge, roll the dough closely into a cone shape. Pick it up, press the apex of the cone and the base towards each other and flatten slightly. You will now have a small, roughly circular lump of dough again.
12. Lightly flour the board again and roll out the dough very gently, taking care not to press too hard and let the air out of the edges.
13. Stuff each round with 1 tablespoon green onions and $\frac{1}{4}$ cup beans.
14. Gather the dough to enclose the filling, press lightly with your hand, then roll thinly being careful not to break open the dough. The parathas should be as round as possible, but not as thinly rolled as the first time.
15. Cook on a hot griddle liberally greased with extra ghee, turning parathas and spreading with more ghee, until they are golden brown.
16. Serve with the tomato chutney.

BAKED CHARD LEAVES WITH GREAT NORTHERN BEANS, ROASTED PEPPERS, AND SPICY TOMATO SAUCE

Yield: 4 Portions

Ingredients	Amounts
<i>Chard rolls</i>	
Swiss chard, large leaves	8 ea.
Extra-virgin olive oil	½ cup
Onion, minced	1 cup
Salt	as needed
Cumin, ground	3 Tbsp.
Oregano, minced	1 tsp.
Great northern Beans, cooked	2 cups
Lemon juice	1 Tbsp.
Ground black pepper	as needed
<i>Spicy tomato sauce</i>	
Onion, minced	½ cup
Garlic, minced	1 Tbsp.
Cinnamon	1 tsp.
Smoked paprika, sweet	1 tsp.
Tomatoes, canned	2 cups
Salt	as needed
Ground black pepper	as needed
Red pepper flakes	1 tsp.
<i>Garnish (if desired)</i>	
Green onions, chopped	as needed
Feta cheese, crumbled	½ cup

Method

1. Pre-heat the oven to 350°F.
2. Strip the leaves of chard from the stems, carefully keeping them as intact as possible. Dip in cold water to rinse them.
3. Chop the stems into ½ inch pieces, wash well and set aside.
4. Bring a pot of water to a boil and blanch the leaves for 10 seconds until softened. Remove, shock in an ice bath, and dry.
5. Heat a skillet with ½ of the olive oil and add the onion, chard stems and salt, and cook until softened, about 3 to 4 minutes.
6. Add the cumin, oregano and beans, and cook for 1 minute until fragrant. Add the lemon juice, and season with salt and pepper to taste.
7. Mash the bean mixture slightly with a spoon, and allow to cool.
8. Heat another skillet with the remaining olive oil and add the onion and garlic and cook until softened, about 3 to 4 minutes.

9. Add the cinnamon and paprika and tomatoes. Bring to a simmer, and cook gently for 20 minutes until thickened. Season with salt, pepper and red chili flakes.
10. Evenly spread the sauce into the bottom a heat proof pan or casserole dish.
11. Place leaves of chard smooth side down on a work surface and place 1/3 to 1/2 cup of the mixture in each leaf. Roll up, folding the sides to form a 2-inch by 4-inch log. Repeat with remaining leaves.
12. Place each chard roll in the pan on top of the tomato sauce.
13. Cover with a lid or foil and bake for 15 to 20 minutes until heated through.
14. Plate two chard rolls per portion with tomato sauce, and top with feta cheese and green onions.

Source: This recipe was developed by The Culinary Institute of America as an industry service to Northarvest Bean Growers Association. All rights reserved.

SOUPS

NAVY BEAN, CHORIZO AND LEEK SOUP WITH POACHED EGG

Yield: 8 Portions

Ingredient	Amount
Navy beans, dried	15 oz.
Extra-virgin olive oil	1 oz.
Onions, ¼" dice	1 cup
Garlic clove, minced	4 ea.
Leeks, ¼" dice	2 cups
Thyme, minced	2 tsp.
Spanish chorizo sliced	6 oz.
Chicken stock	1 qt. or more, as needed
Zucchini, ¼" dice	1 cup
Tomato, diced	1 ½ cup
Salt	as needed
Ground black pepper	as needed
Parsley, chopped	2 Tbsp.
<i>For the Poached Eggs (optional)</i>	
Fresh farm eggs	8 each
White vinegar	1 Tbsp.
Paprika	1 pinch

Method

1. Wash and soak the navy beans overnight in water. Simmer the beans until tender in 1 quart of water. As an alternative, you may use canned navy beans.
2. Heat olive oil in a soup pot, and sauté the onions, garlic, leeks, thyme, and chorizo for 3 to 4 minutes. Add the chicken stock. Bring to a simmer and cook for 10 minutes.
3. Add the zucchini and the navy beans, and simmer for 10 minutes longer. Add the diced tomatoes and bring back to a simmer for just for 2 to 3 minutes.
4. Season the soup to taste with salt, pepper, and extra-virgin olive oil as needed. Serve topped with chopped parsley and a poached egg (if desired).
5. *For the poached eggs:* Bring 4 cups of water with vinegar to a low simmer. Crack each egg into a coffee cup or small measuring cup, and gently pour each egg into the water.
6. Poach 4 eggs at the time in the water for 3 minutes, then remove them and place the eggs in cold water.
7. When serving, place one egg in each preheated bowl of soup and pour the hot soup on top to heat the eggs through. Sprinkle each egg with paprika and serve.

SAUSAGE AND WHITE BEAN SOUP WITH KALE AND BASIL PESTO

Yield: 3 Quarts

Ingredients	Amounts
Olive oil	¼ cup
Onion, peeled and diced	2 ea.
Garlic, minced	1 Tbsp.
Pork, ground	1 lb.
Salt	1 tsp.
Ground black pepper	½ tsp.
Cayenne	¼ tsp.
Thyme, dried	¼ tsp.
Paprika	1 Tbsp.
Sage, dried	¼ tsp.
Bay leaf	2 ea.
Chicken stock	6 cups
Great Northern Beans, drained and rinsed	4 cups
Kale, stemmed and chopped	3 cups
Salt	2 tsp.

Basic Basil Pesto (recipe follows; optional)

Method

1. In a medium-sized pot, add the olive oil, onions, and garlic and cook over medium heat until lightly caramelized, stirring occasionally, about 10 minutes.
2. Add the ground pork and break up with the spoon; brown over medium-high heat until the meat is browned and crumbly, about 6 minutes. Add the salt and pepper, cayenne, thyme, paprika, sage, and bay leaf; cook for another 3 minutes.
3. Stir in the chicken stock and beans. Bring to a simmer for 5 minutes.
4. Add the kale and salt and bring to a simmer; cover, reduce heat, and simmer until kale is tender, about 10 minutes. Remove bay leaf.
5. Serve immediately. Drizzle with basil pesto, if desired.

BASIC BASIL PESTO

PISTOU

Yield: 1 Cup

Ingredients	Amounts
Basil leaves	3 cups
Garlic, chopped, poached or toasted	2 Tbsp.
Walnuts, toasted	3 Tbsp.
Extra-virgin olive oil	1/3 cup
Parmesan or Asiago cheese, shredded	1/3 cup
Salt	as needed
Ground black pepper	as needed

Method

1. Plunge basil leaf into a pot of boiling water for 5 to 10 seconds. Immediately drain and plunge into a bowl of ice water to stop the cooking and set the bright color.
2. Drain and squeeze out all the water that you can.
3. Chop the basil coarsely and add to a food processor or blender along with garlic, walnuts, and olive oil and purée. Transfer to a bowl and stir in cheese.
4. Correct seasoning with salt and pepper. Store covered in refrigerator for up to 5 days or freeze for up to 3 months.

THREE BEAN MINISTRONE

ALLA EMILIA ROMAGNA STYLE

Yield: 2 Quarts

Ingredient	Amount
Olive oil	½ cup
Butter	2 oz.
Onions, small dice	2 cups
Carrots, small dice	1 cup
Celery, small dice	1 cup
Mixed Beans, dried, soaked (*see note)	1 cup
Stock, chicken or vegetable	2 qt.
Parmigiano, crust from, 3 X 3, cleaned	1 ea.
Yukon gold potatoes, small dice	1 cup
Zucchini, small dice	2 cups
Tomatoes, plum, canned	1 cup
Spinach, shredded	4 cups
Salt	as needed
Ground black pepper	as needed
Parmigiano, grated	1 cup

Method

1. Melt butter with olive oil over low heat, add onions, and sweat until wilted and soft, about 10 minutes.
2. Add carrots and cook for 3 minutes. Add celery, soaked beans, stock, and parmigiano rind and cook for about 45 minutes, or until the beans are al dente.
3. Add diced potatoes and zucchini and cook for another 20 minutes. Add tomatoes and their juices.
4. Partially cover and cook at low simmer for at least 30 more minutes. Add more broth as necessary.
5. Add spinach and a splash of olive oil; season with kosher salt and black pepper.
6. Serve with a drizzle of olive oil and some of the grated parmigiano.

Note: *Beans need to be soaked overnight in a container with cold water to cover by 3 inch. Drain the water and use in the soup. Mixed beans can be pink, pinto, kidney, white beans, butter beans, or cranberry.

The Italians are masters at making vegetables flavorful. Minestrone is another example of a soup inspired by the seasons. The name comes from the Italian term *minestra*, meaning soup. Using multiple varieties of beans adds a multitude of colors, shapes, sizes, and textures that make this light, flavorful soup comforting, satisfying, and appealing to the eye.

TUSCAN BREAD AND BEAN SOUP

Yield: 6 Portions

Ingredients	Amounts
Cranberry beans (*see note)	2 cups
Bay leaves	2 ea.
Garlic cloves, peeled, divided	4 ea.
Celery stalks, chunked	1 ea.
Carrots, peeled, chunked	2 ea.
Onion, peeled, chunked	1 ea.
Leek, white part only	1 ea.
Extra-virgin olive oil	¾ cup
Savoy cabbage, cored and cut into chiffonade	½ ea.
Swiss chard, stemmed and cut into chiffonade	1 bu.
Water	5 cups
Salt	as needed
Ground black pepper	as needed
Country bread loaf, day-old, crust removed	½ ea.

Method

1. Cover the beans with water and soak them overnight. Cook the beans with the bay leaves and 2 of the garlic cloves until they are soft, about 1 hour. Strain them, reserving 1 cup of the liquid to add to the soup.
2. In a food processor, shred the remaining 2 cloves of garlic with the celery, carrot, onion, and leek until very fine; still with tiny pieces of the vegetables, not a purée.
3. Sauté the vegetables in ¼ cup of olive oil on medium-low heat, about 10 minutes, or until it is fragrant and slightly colored.
4. Add the cooked beans and the 1 cup of cooking water, cabbage, chard, and water. Bring to a simmer and cook for approximately 1 hour. Season to taste with salt and pepper.
5. Crumble the stale bread into small chunks and place a handful of the bread in each bowl. Ladle the soup over it and let it sit for a few minutes for the bread to soften and the broth to be absorbed. Finish each bowl with olive oil and freshly ground black pepper.

***Notes:** In place of cranberry beans, you may use great northern beans, navy beans, or large butter beans.

Ribbolita is a classic Tuscan dish, a celebration of beans, seasonal vegetables, and the first press of extra virgin olive oil. The addition of bread turns a light soup into a satisfying dish that can be served as a main course. Add another layer of flavor by grating some aged Parmigiano-Reggiano over the top before service or at the table.

SMOKY TOMATO AND GREAT NORTHERN BEAN SOUP

Yield: 10 Portions

Ingredients	Amounts
Smoked bacon, diced	¼ cup
Olive oil	2 Tbsp.
Yellow onion, diced	1 ea.
Shallot, minced	2 Tbsp.
Garlic, minced	3 cloves
Oregano, chopped	2 Tbsp.
Smoked chipotle powder	1 tsp.
Whole tomatoes, canned	28 oz.
Chicken stock	2 cups
Great northern beans, cooked	3 cups
Marjoram, chopped	2 Tbsp.
Salt	½ tsp.
Ground black pepper	¼ tsp.
Olive oil, for garnish	as needed
Parmesan, grated	as needed

Method

1. In a large soup pot, add the bacon and olive oil and cook over medium heat until the bacon is slightly crispy and most the fat is rendered. Remove 2 tablespoons of the fat and discard.
2. Add the onions, shallots, and garlic and continue cooking for another 7 to 10 minutes, or until the vegetables have just started to color.
3. Lower the heat and add the chopped fresh oregano and chipotle powder, and stir to combine; cook for another 2 minutes.
4. Add the fresh or canned tomatoes and the chicken stock and cook for 30 minutes over low heat. Add the cooked beans, marjoram, salt, and pepper and simmer for another 3 minutes.
5. Serve drizzled with the olive oil and the grated parmesan.

VEGETARIAN CHILI

Yield: 4 Quarts

Ingredients	Amounts
Olive oil	¼ cup
Onions, peeled and diced	2 ea.
Red bell peppers, cored and diced	2 ea.
Garlic, minced	2 Tbsp.
Serrano peppers, stemmed and seeded, minced fine	2 ea.
Zucchini, diced	2 ea.
Corn kernels	1 cup
Chili powder	2 Tbsp.
Cumin	2 tsp.
Salt	1 tsp.
Cayenne	¼ tsp.
Coriander	1 tsp.
Cocoa	1 tsp.
Garlic powder	1 tsp.
Tomato purée, canned	14 oz.
Black beans	2 cups
Pinto beans	2 cups
Kidney beans	2 cups
Vegetable stock	3 cups
Red bell peppers, roasted, puréed	1 cup
Tomatoes, roasted whole, puréed	2 ea.
Soy sauce	1 tsp.
Ground black pepper	½ tsp.
Cilantro, chopped	¼ cup

Method

1. In a large, heavy pot, heat the oil over medium-high heat. Add the onions, bell peppers, garlic, and serrano peppers, and cook, stirring, until soft, about 3 minutes.
2. Add the zucchini, and corn, and cook, stirring, until soft and the vegetables give off their liquid and start to brown around the edges, about 6 minutes.
3. Add the chili powder, cumin, salt, cayenne, coriander, cocoa, and garlic powder, and cook, stirring, until fragrant, about 30 seconds. Add the tomato purée and stir well.
4. Add the drained and rinsed beans and vegetable stock, stir well, and bring to a boil. Add the roasted bell pepper and tomatoes; reduce the heat to medium-low and simmer, stirring occasionally, for about 20 minutes.
5. Remove from the heat and stir in the soy sauce, black pepper, and cilantro. Adjust the seasoning to taste.

OAXACA-STYLE BLACK BEAN SOUP

Yield: 8 Portions

Ingredients	Amounts
<i>Soup</i>	
Canola oil	¼ cup
White onion, large, small dice	1 ea.
Garlic cloves, peeled, chopped	2 ea.
Pasilla Oaxaqueño chile, seeded, torn	2 ea.
Black beans, cooked	4 cups
Salt	as needed
<i>Garnish</i>	
Corn tortillas, cut into 2" x ¼ " strips, fried until crispy	4 ea.
Panela cheese, crumbled	8 oz.
Avocado, small dice	1 ea.
Micro cilantro, or chopped cilantro	¼ cup

Method

1. *For the soup:* In a stockpot, heat the oil. Add ¾ of the onion and the garlic; fry until golden brown.
2. Add the chiles and heat through until fragrant, about 1 to 2 minutes.
3. Strain the onions, garlic and chiles from the oil and set the oil aside.
4. Place the fried items in a blender, and purée the ingredients, adding water as needed to form a smooth paste.
5. Heat the flavored oil over moderate heat in the stock pot; and add the chile purée and fry until starting to turn darker in color, about 2 minutes.
6. Add the beans and 4 cups of water to the pot with salt to taste and bring to a boil.
7. Puree the mixture until very smooth.
8. Serve the soup garnished with the fried tortilla strips, remaining diced onion, cheese, avocado and cilantro.

Source: This recipe was developed by The Culinary Institute of America as an industry service to Northarvest Bean Growers Association. All rights reserved.

SALADS

CHICKEN LARB WITH TOASTED RICE AND PINTO BEANS

Yield: 6 – 8 Portions

Ingredients	Amounts
Sticky rice, raw	4 Tbsp.
Rice powder, roasted	¼ cup
Chicken, coarsely ground or chopped	12 oz.
Pinto beans, cooked	12 oz.
Olive oil, or ¼ cup chicken stock	2 Tbsp.
Chili powder or chili flakes, hot (preferably Thai)	½ tsp.
Lime juice	5 tsp.
Fish sauce	4 tsp.
Sugar	as needed
Red onions, slivered	¼ cup
Scallions, sliced	2 Tbsp.
Cilantro, coarsely chopped	2 Tbsp.
Mint leaves, whole, plus more for serving	10 ea.

Garnish

Lettuce cups or cabbage leaves
Green beans, cooked
Cherry tomatoes, halved
Cucumber spears
Cilantro, mint, and basil leaves

Method

1. Place the rice into a dry sauté pan over medium heat and toast it, stirring constantly, until it turns a pale golden color, about 10 minutes. Remove the rice from the pan, allow to cool, and grind in a mortar and pestle or a spice grinder until you have a slightly coarse powder; a little finer than cornmeal. Reserve.
2. In a pan, warm the pinto beans for about 2 minutes and reserve.
3. Sauté the chicken in olive oil over a high heat. (For a low fat version, use the chicken stock instead of the olive oil and let simmer.) In either case, cook until the meat is fully cooked and firm, about 3 to 4 minutes.
4. Remove the pan from the heat and add the reserved, cooked beans. Add the chili powder, lime juice, fish sauce, and sugar. You are looking for an assertive, but balanced flavor that is at salty, savory, sweet, sour, and spicy.
5. Next, add the onions, scallions, and cilantro and combine. Add the torn mint leaves, taking the care not to bruise them. Adjust the seasonings to taste.
6. To serve, mound the chicken and bean mixture on a shallow platter.

7. *For garnish:* Decorate the plate with your own selection of cooked and raw vegetables. My favorites include cabbage wedges or lettuce cups, cherry tomatoes, green beans or cucumbers, and fresh basil, cilantro, and mint leaves.

Note: Adding beans to this dish while not traditional is tasty and a nutritional boon. I prefer chopping the meat into pieces that are larger than ground meat, so that they look similar in size to the beans; this way the beans don't seem awkward or stand out.

In Thailand this dish is served as a meal with either Jasmine rice or more typically, sticky rice. For a healthy, gluten-free version, this recipe uses vegetables.

RED QUINOA AND NAVY BEAN SALAD WITH TOASTED ALMONDS, CILANTRO, AND LIME CUMIN VINAIGRETTE

Yield: 8 Portions

Ingredients	Amounts
<i>Salad</i>	
Water	¾ cup
Bay leaf	1 ea.
Red quinoa	½ cup
Salt	½ tsp.
Lime juice	1 Tbsp.
Navy beans, drained and rinsed	15 oz.
Yellow zucchini	2 ea.
Olive oil	3 Tbsp.
Rosemary, minced	1 Tbsp.
Pimenton (smoked paprika)	1 tsp.
Almonds, sliced, toasted	¼ cup
Sunflower seeds, toasted	¼ cup
Olive oil	2 Tbsp.
Cilantro, chopped	½ cup
<i>Lime Cumin Vinaigrette</i>	
Garlic	2 tsp.
Serrano, seeded and minced	1 ea.
Lime juice	¼ cup
Lime, zest of	1 ea.
Lemon juice	3 Tbsp.
Cumin seed, toasted	½ tsp.
Kosher salt	½ tsp.
Cayenne	¼ tsp.
Olive oil	½ cup
Cilantro sprig, for garnish	

Method

1. *For the salad:* Bring the water and bay leaf to a boil in a small saucepot and add the quinoa, reduce to a simmer, cover, and cook for 15 minutes. Remove from the heat and let rest for 10 minutes.
2. Fluff with a fork and season with the kosher salt and lime juice. Cool completely and add the beans; set aside.
3. *For the grilled zucchini:* Preheat the grill to high. Cut off the stems and cut lengthwise into ½-inch-thick planks.
4. Place in a bowl with the olive oil and rosemary, and the pimentón. Toss to combine.

5. Grill on both sides until colored and cooked, about 6 minutes. Remove and cool, and cut into small chunks.
6. Add grilled zucchini to the bowl of beans and quinoa.
7. Add most of the toasted nuts, olive oil, and cilantro and toss to combine; set aside some of the toasted nuts for garnish.
8. *For the vinaigrette:* Combine all the ingredients except for the olive oil in a blender and purée until combined.
9. Add the olive oil while the blender is running to create a creamy dressing. Set aside.
10. *To finish the salad:* Pour half the vinaigrette over the salad and stir to coat. Taste and add more until the balance is to your liking. Serve on a small plate and top with the reserved toasted nuts and a cilantro sprig.

KALE AND GREAT NORTHERN BEAN SALAD, TOASTED PUMPKIN SEEDS, AND PECORINO CRISPS WITH CREAMY WHITE BEAN DRESSING

Ingredients	Amounts
<i>Salad</i>	
Tuscan or black kale, shredded	3 cups
Great northern beans, drained rinsed	2 cups
Fennel, stemmed, shaved	1 ea.
Edamame, shelled	½ cup
Carrots, grated	½ cup
Salt	as needed
Ground black pepper	as needed
Pumpkin seeds	½ cup
Tamari	1 Tbsp.
<i>Creamy white bean dressing</i>	
Lemon juice	¼ cup
Lemon zest	1 tsp.
Lime juice	2 Tbsp.
Dijon mustard	2 tsp.
Shallots, minced	1 Tbsp.
Great northern beans	¼ cup
Extra-virgin olive oil	¾ cup
Water, used to thin	as needed
Salt	as needed
Ground black pepper	as needed
<i>Cheese crisps</i>	
Pecorino cheese, finely grated	2 oz.

Method

1. *For the salad:* In a large bowl, add the kale and beans. Add the fennel, edamame, carrots, and chill the whole bowl.
2. *For the pumpkin seeds:* Preheat the oven to 325°F. Place the pumpkin seeds in a small bowl with the tamari and toss to coat, then spread on a sheet pan and toast until fragrant, about 10 minutes. Remove and cool.
3. *For the dressing:* Place the lemon juice and zest, lime juice, mustard, shallots, and the beans in a blender and purée until smooth.
4. Add the olive oil all at once and purée again until combined; thin if necessary with water.
5. Season with salt and pepper as needed.

6. *For the cheese crisps:* Grate the cheese and on a Silpat, make 8 small little mounds, bake at 350°F for 4 to 6 minutes; let cool. Set aside remaining cheese to add to the salad.
7. *Assemble the salad:* Add enough dressing to the salad in the bowl and toss to coat evenly; add more to taste with a splash of lemon juice, if needed.
8. Place a small mound on a chilled plate, top with some toasted pumpkin seeds and a cheese crisp. Serve.

BROWN RICE AND KIDNEY BEAN SALAD WITH ROASTED RED PEPPERS, FUJI APPLES, AND SHERRY VINAIGRETTE

Yield: 6 Cups

Ingredients	Amounts
Brown rice, cooked	2 cups
<i>Sherry vinaigrette</i>	
Extra-virgin olive oil	½ cup
Sherry vinegar	¼ cup
Lemon juice	2 Tbsp.
Garlic clove, minced	1 ea.
Tarragon, minced	1 Tbsp.
Salt	as needed
Ground black pepper	as needed
Red kidney beans, drained and rinsed	2 cups
Red pepper, roasted, peeled, diced	1 cup
Cucumber, peeled and finely diced	1 cup
Shallot, minced	½ cup
Celery, finely diced	½ cup
Fuji apple, finely diced	1 ea.
Flat-leaf parsley, minced	¼ cup
Salt	as needed
Ground black pepper	as needed
Spinach, cleaned and torn	3 cups
Almonds, sliced, toasted	1 cup

Method

1. *For the brown rice:* Put brown rice and water together in a pot with a lid. Use the ratio of 1 ½ cups of water to 1 cup of rice.
2. Set the heat to maximum, and bring the rice and water to a boil uncovered. Then put the lid on the pot, and reduce the heat to a low simmer. Let the rice simmer for 20 minutes.
3. Turn off the heat, and let the rice sit in the covered pot for another 10 minutes. Remove and cool completely.
4. *For the dressing:* While the rice is cooking, combine the ingredients for the sherry vinaigrette. Adjust the seasonings with additional salt and pepper as necessary.
5. Once rice is cool, combine all the salad ingredients except for the spinach.
6. Add some of the dressing to moisten and let marinate for 45 minutes.
7. Add the spinach and toss. Serve a spoonful of the salad and garnish with almonds.

BLACK BEAN, TOMATO, FRESH CORN, BIBB LEAF SALAD WITH AVOCADO AND SHERRY VINAIGRETTE

Yield: 8 Portions

Ingredients	Amounts
<i>Bean salad</i>	
Black beans, cooked	3 cups
Sun Gold cherry tomatoes, halved	2 cups
Fresh corn kernels	2 cups
Cucumber, peeled and finely diced	1 cup
Celery, finely diced	½ cup
Scallions, diced	½ cup
Salt	1 tsp.
Ground black pepper	as needed
Cojita cheese, crumbled	¼ cup
Lime juice	1 Tbsp.
Bibb leaf lettuce, leaves separated	2 hd.
<i>Avocado cider dressing</i>	
Avocado, large, peeled and pitted	1 ea.
Shallot, large, minced	1 Tbsp.
Garlic clove, minced	1 ea.
Dijon mustard	1 ½ Tbsp.
Sherry vinegar	¼ cup
Tarragon, minced	2 tsp.
Italian parsley, minced	1 tsp.
Extra-virgin olive oil	¼ cup
Water	2 Tbsp.
Salt	as needed
Ground black pepper	as needed
Avocados, fresh, halved and sliced	2 ea.

Method

1. *For the salad:* Combine beans, tomatoes, corn, cucumber, celery, scallions, and cojita cheese, if using. Add the dressing to coat and gently; you should have a little leftover dressing. Cover and refrigerate at least 2 hours before serving.
2. *For the avocado cider dressing:* In a blender, combine the avocado, shallots, garlic, Dijon, and sherry vinegar and process until smooth.
3. With the motor running, slowly add the oil until thickened and incorporated. Thin with water, if necessary.
4. Transfer the dressing to a bowl and stir in the minced tarragon and parley. Season to taste with salt and pepper.
5. To serve, place a bib leaf in a chilled bowl and top with some of the salad, and drizzle extra dressing, if desired. Garnish with sliced avocado.

TUSCAN BEAN SALAD WITH GRILLED MUSHROOMS

Yield: 12 Portions

Ingredients	Amounts
<i>Tuscan bean salad</i>	
Great northern beans	1 cup
Navy beans	1 cup
Dark kidney beans	1 cup
Onion, peeled and diced	1 ea.
Bay leaf	1 ea.
Kalamata olives, halved	3 oz.
Red peppers, diced	1 cup
Red onions, fine dice	½ cup
Fresh marjoram, minced	2 Tbsp.
Roasted garlic paste	1 Tbsp.
Red pepper, crushed	½ tsp.
Salt	1 ½ tsp.
Ground black pepper	½ tsp.
<i>Bean salad dressing</i>	
Apple cider vinegar	3 oz.
Balsamic vinegar	1 oz.
Shallots, peeled, minced	2 Tbsp.
Extra-virgin olive oil	8 oz.
<i>Grilled crimini mushrooms</i>	
Crimini mushrooms, stemmed	16 ea.
Olive oil	3 Tbsp.
Salt	as needed
<i>Serving components</i>	
Bibb lettuce cups	12 ea.
Cilantro, chopped	3 Tbsp.

Method

1. *For the bean salad:* Soak the three bean varieties together in cold water overnight, then drain the beans, and place soaked beans in a pot and cover with cold water by 4 inches; add the diced onion and bay leaf.
2. Cook on a simmer until the beans are soft, about 40 minutes. Drain and cool completely.
3. Combine with the remaining bean salad ingredients and toss to incorporate.
4. *For the dressing:* Whisk together the dressing ingredients. Toss with the bean salad.
5. *For the crimini mushrooms:* Brush the mushrooms with olive oil and season with salt. Mark the mushrooms on a hot grill and cook thoroughly. Slice thinly, add to the salad, and toss just to combine.
6. For serving, spoon the bean salad in to lettuce cups. Garnish with the cilantro.

QUINOA AND BLACK BEAN SALAD WITH ROASTED SALMON

Yield: 10 Portions

Ingredients	Amounts
Quinoa	¾ cup
Black beans, cooked (or canned and rinsed)	1 ½ cups
Red wine vinegar	1 ½ Tbsp.
Salt	a pinch
Ground black pepper	a pinch
Red pepper, roasted, diced small	1 cup
Red onion, diced small	¾ cup
Pickled jalapeno chilies, seeded and chopped	2 ea.
Fresh cilantro, finely chopped	½ cup
Salmon, roasted and cooled	1 lb.
Watercress, large stems removed	3 cups
<i>Dressing</i>	
Lime juice	6 Tbsp.
Salt	1 tsp.
Cumin	1 tsp.
Cayenne pepper	¼ tsp.
Olive oil	½ cup

Method

1. *For the quinoa:* In a bowl, wash the quinoa in at least 3 changes of cold water, rubbing the grains and letting them settle before pouring off most of the water until the water runs clear; drain in a large fine sieve.
2. Bring 1 ½ cups of water to a boil in a medium-sized pot and add the quinoa. Lower the heat and cover; cook for 15 minutes. Remove from the heat and let sit for 20 minutes. Fluff with a fork to break up any clumps.
3. While the quinoa is cooking, toss the beans with vinegar, salt, and pepper to taste in a small bowl. Let sit for 30 minutes before draining off excess liquid.
4. Transfer the quinoa to a large bowl and cool. Add the drained beans, red bell pepper, red onions, jalapeños, and cilantro; toss gently to combine.
5. *For the dressing:* In a small bowl, whisk together the lime juice, salt, cumin, and cayenne pepper. Add the oil in a stream, whisking.
6. Drizzle the dressing over the salad and toss well with salt and cayenne to taste. Crumble half the cooked salmon and add gently to the salad. This salad may be made 1 day ahead and chilled, covered.

7. *To serve:* Mound a small pile of watercress on a plate and top with 1 cup of the bean salad. Top with the remaining roasted salmon on top.

Note: This salad presents a trio of ingredients with incredible health “halos.” Consumers associate salmon with heart health promoting omega-3. Quinoa, a popular ingredient in Peruvian kitchens, is increasing in popularity as consumers seek out more whole grains. And black beans provide fiber, protein, and low glycemic index carbohydrates that provide long-lasting energy. But enough about the nutrition benefits; this salad should be sold on flavor, with a dressing that bridges the richness of the salmon, the nuttiness of the quinoa, and the sweetness of the black beans.

LEBANESE FATTOUSH WITH BAHARAT SPICED BEANS

Yield: 4 Portions

Ingredients	Amounts
Pita bread, round, medium	2 ea.
<i>Baharat</i>	
Cinnamon	¼ tsp.
Nutmeg	½ tsp.
Cumin seeds	½ tsp.
Coriander seeds	½ tsp.
Mint, dried	1 tsp.
Black peppercorns	½ tsp.
Bay leaves	1 ea.
Fennel seeds	¼ tsp.
Allspice, whole	2 ea.
Cloves, whole	2 ea.
Mustard seeds	½ tsp.
<i>Dressing</i>	
Sumac	2 Tbsp.
Extra-virgin olive oil	¼ cup
Salt	as needed
Lemon juice	½ ea.
<i>Salad</i>	
Flat parsley, washed, dried, and leaves picked off stalks	1 bu.
Mint, leaves picked	½ bu.
Green onions, trimmed and thinly sliced	1 bu.
Cucumber, seedless, thinly sliced in half circles	1 ea.
Red radishes, medium, thinly sliced	8 ea.
Tomatoes, small, halved	1 pt.
Cranberry or Pink Beans, cooked	2 cups
Extra-virgin olive oil	¼ cup

Method

1. Tear the pita bread open and toast it in a 350°F oven until golden brown. Place on a rack to cool.
2. *For the Baharat:* Place all the whole spices for the baharat in a dry pan and heat until fragrant, about 10 seconds. Cool and grind in a spice or coffee grinder.
3. In a mixing bowl, combine the beans with baharat and ¼ cup olive oil. Season with salt.

4. Break the toasted bread into bite-size pieces and put them in a salad bowl. Sprinkle with sumac, olive oil, lemon juice, and mix until the bread is thoroughly coated.
5. Add the rest of the salad ingredients and salt to taste. Mix well and serve.

SEARED SALMON WITH GREAT NORTHERN WHITE BEANS, BUTTERNUT SQUASH AND WINTER GREENS WITH CITRUS GREEN TEA DRESSING

Yield: 8 Portions

Ingredients	Amounts
<i>Citrus Green Tree Dressing</i>	
Green tea	½ cup
Corn starch	½ Tbsp.
Water	3 Tbsp.
Ginger, chopped	1 tsp.
Orange juice	2 Tbsp.
Lime, zest and juice of	1 ea.
Rice wine vinegar	½ cup
Sugar	½ tsp.
Mayonnaise (or Greek yogurt)	3 Tbsp.
Green onion, chopped	2 Tbsp.
Mint leaves	8 ea.
Basil leaves	8 ea.
Cilantro, chopped	¼ cup
Soy bean oil	2-4 Tbsp.
Ground black pepper	¼ tsp.
Salt	as needed
<i>Salad</i>	
Great Northern White Beans, cooked, drained	3 cups
Winter greens such as arugula, kale, chicory, escarole	2 cups
Butternut squash, diced and roasted	2 cups
Orange segments	2 cups
Lemon segments	½ cup
Red onions, sliced thin and soaked in cold water	1 cup
Parsley, chopped	½ cup
Dill, chopped	¼ cup
Mint leaves	½ cup
Salt	as needed
Ground black pepper	as needed
<i>Salmon</i>	
Salmon, skinned, cut in 4oz portions	8 ea.
Salt	as needed
Ground black pepper	as needed

Lemon zest	2 tsp.
Orange zest	2 tsp.
Olive oil	1 oz.
Canola oil	1 oz.
Micro greens	as needed

Method

1. *For the Salad Dressing:* Bring the green tea to a boil.
2. Dissolve the corn starch in 3 tablespoons of water, and whisk in the starch with the tea to thicken; remove from heat and chill.
3. Add the green tea, ginger, orange juice, lime juice and juice, rice vinegar, sugar, mayonnaise, green onions, mint, basil, and cilantro into a blender and purée. Drizzle in soy bean oil as needed to make a smooth puree. Season with black pepper and salt. Set aside.
4. *For the Salad:* In a large mixing bowl, combine the Great Northern White Beans, greens, roasted butternut squash, orange and lemon segments, red onions, parsley, dill and mint.
5. Season to taste with salt and pepper, and toss the salad with the citrus green tea dressing.
6. *For the Salmon:* Season the salmon with salt and pepper. Let rest for 10 minutes. Combine the lemon and orange zest with the olive oil. Rub all over the salmon.
7. Heat the canola oil in a sauté pan over medium high heat. Sear the salmon on both sides until just cooked through. Let rest for 5 minutes.
8. *To Serve:* Place about a cup of salad on the plate, then top with a piece of seared salmon. Drizzle more dressing over the salmon and garnish with micro greens.

Source: This recipe was developed by The Culinary Institute of America as an industry service to Northarvest Bean Growers Association. All rights reserved.

CRANBERRY BEAN AND WHEAT BERRY SALAD WITH ASIAGO CHEESE, ROASTED BEETS, CUCUMBERS, PISTACHIOS AND TARRAGON MINT VINAIGRETTE

Yield: 6 Portions

Ingredients	Amounts
<i>Dressing</i>	
White wine vinegar	¼ cup
Dijon mustard	1 Tbsp.
Shallots, minced	1 Tbsp.
Salt	as needed
Ground black pepper	as needed
Extra-virgin olive oil	2/3 cup
Tarragon, minced	2 Tbsp.
Mint, minced	2 tsp.
Beets, roasted, peeled, diced	1 lb.
Cranberry beans, cooked	2 cups
Wheat berries, cooked	1 cup
Cucumbers, diced	1 lb.
<i>Garnish</i>	
Asiago cheese, shaved	¼ lb.
Pistachios, toasted, chopped	½ cup
Tarragon leaves	½ cup

Method

1. *For the dressing:* In a medium mixing bowl, combine the vinegar, mustard and shallots. Season with salt and pepper to taste.
2. Whisking constantly, drizzle the olive oil into the vinegar mixture to create an emulsion. Add the tarragon and mint.
3. Toss the beets with ¼ of the vinaigrette and season with salt and pepper and set aside.
4. Combine the beans, wheat berries and cucumbers in a large bowl. Toss to combine with the remaining vinaigrette, and season with salt and pepper to taste.
5. Just before serving, gently combine the bean and wheat berry salad with the beets.
6. Sprinkle the plated salad with asiago cheese, pistachios, and tarragon and serve.

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SIDES

BAKED STUFFED VEGETABLES WITH MINT, DILL, RICE, AND RED BEANS

Yield: 12 Portions

Ingredients	Amounts
Olive oil	2/3 cup
Onions, finely chopped	1 cup
Lamb, ground	1 lb.
Garlic, minced	1 hd.
Cinnamon	1 tsp.
Allspice	1 tsp.
Rice, long grain	1 cup
Pine nuts, toasted	½ cup
Red beans, small, cooked	1 cup
Currants, plumped	½ cup
Dill	1/3 cup
Mint	1/3 cup
Parsley, chopped	1/3 cup
Tomatoes	6 ea.
Green bell peppers	6 ea.
Potatoes, creamers, quartered	5 ea.
Vegetable stock, with water	1 cup
Tomato purée	1 ½ cups
Salt	as needed
Ground black pepper	as needed
Sugar	a pinch
Bay leaves	2 ea.

Method

1. *To prepare the vegetables:* Cut the tops off of all the vegetables and hollow until only a shell is left. Reserve the tomato pulp and purée in a blender until a liquid is formed and reserve.
2. Place the vegetables into a baking pan (a pan large enough to hold the vegetables upright) and set aside.
3. *To make the filling:* In a pan over medium heat, cook the onions in 1/3 cup of olive oil until translucent and golden.
4. Add the lamb, garlic, and spices and cook till the lamb is cooked through. Over the heat source, mix in the rice, pine nuts, currants, and herbs along with the tomato pulp purée.
5. Mix well and season with salt and pepper and sugar. Bring to a simmer and cook for 2 minutes.
6. If the tomato pulp is dry, add additional water to the rice, if needed. (Note: Long grain rice cooks at a ratio of 1½ times water to rice, so you are looking for about 1½ cups of liquid total from the tomato pulp and the liquid coming from the vegetable shells. It should be close.)
7. Season each of the vegetable shells lightly and stuff three-fourths full with the rice mixture.

8. Keep in mind the stuffing will swell as it cooks, so don't fill too much, as the vegetables will burst as they cook.
9. Once filled, replace the tops and place the potatoes between the vegetables to prop them up and hold them vertical while they cook.
10. Preheat the oven to 375°F.
11. Combine the tomato purée, water, and the last 1/3 cup of olive oil, season with salt and pepper, and pour this over the stuffed vegetables and potatoes.
12. Sprinkle a small amount of sugar on the top for browning. Place the baking pan in the preheated oven and cook for about 1 to 1½ hours.
13. Baste the vegetables occasionally to moisten them, but expect the tops of the vegetable to begin to brown slightly as they get tender. If the pan threatens to get too dry, you can add additional water to remoisten.
14. To check for doneness, the vegetables (potatoes included) should be tender and browned slightly and the rice should be fully cooked.
15. Remove the vegetables from the oven and allow them to cool in their pan for an hour or so before serving warm or at room temperature.

Note: I like to serve these vegetables with a bottle of wine, a loaf of bread, and a thick slice of feta cheese on the side. Be sure that each guest receives not only the stuffed vegetables, but also a couple of wedges of potatoes and a few spoonfuls of the delicious sauce from the bottom of the pan. Enjoy!

CLASSIC BAKED BEANS

Yield: 10 Portions

Ingredients	Amounts
Red beans	3 cups
Bacon, diced	1 cup
Onion, diced fine	1 ea.
Molasses	¼ cup
Salt	1 tsp.
Ground black pepper	½ tsp.
Dijon mustard	1 tsp.
Tomato paste	2 Tbsp.
Worcestershire sauce	1 tsp.
Brown sugar	3 Tbsp.
Black beans, cooked	2 cups

Method

1. Soak beans overnight in cold water. Simmer the beans in the same water until tender, approximately 1 ½ hours. Drain and reserve the liquid.
2. Preheat oven to 325°F. Sauté the bacon until light brown, add the onion, and cook until they are soft, about 10 minutes. Set aside.
3. Arrange the cooked beans in a 2-quart bean pot or casserole dish by placing a portion of the beans in the bottom of dish, and layering them with bacon and onion mixture.
4. In a saucepan, combine molasses, salt, pepper, mustard, tomato paste, Worcestershire sauce, and brown sugar. Bring the mixture to a boil and pour over beans.
5. Pour in just enough of the reserved bean water to cover the beans. Cover the dish with a lid or aluminum foil.
6. Bake for 3 hours in the preheated oven, until beans are tender. Remove the lid about halfway through cooking, and add more liquid if necessary to prevent the beans from getting too dry.

Note: Baked beans are an American classic. This updated version is perfectly balanced with sweetness from the molasses and brown sugar, smokiness from the bacon, and a bit of acid from the onion, mustard, and tomato paste. Using two different colors of beans creates more visual interest.

STIR-FRIED GREEN BEANS WITH BLACK BEANS

Yield: 6 Portions

Ingredients	Amounts
Peanut oil	2 Tbsp.
Garlic, minced	2 Tbsp.
Ginger, minced	1 Tbsp.
Yellow onion, small, peeled, sliced	1 ea.
Green beans, both ends trimmed, cut on an angle into 1" pieces	1 lb.
Salt	½ tsp.
Black beans, cooked	1 cup
Oyster sauce	2 Tbsp.
Asian black bean sauce	1 Tbsp.
Water	¼ cup

Method

1. Prepare all the green beans and line up all the ingredients in order as above. In a wok or heavy duty frying pan, heat the oil over high heat for 30 to 45 seconds.
2. Add the garlic, ginger and onion slices and cook for 20 to 30 seconds, stirring constantly to prevent the garlic from burning.
3. Add the green beans and salt and cook for another 2 minutes, stirring a couple times. Add the black beans, water, cover the pan, and let the beans steam for 3 to 4 minutes.
4. Uncover the pan and add the oyster sauce and Asian black bean sauce and cook another minute, stirring to coat all the beans with the sauce.

MACARONI & CHEESE WITH GREAT NORTHERN BEANS

Yield: 12 Portions

Ingredients	Amount
Olive oil	1 Tbsp.
Bacon or pancetta	¼ cup
Onion, peeled and diced	½ cup
Shallot, peeled and minced	2 Tbsp.
Garlic, peeled and minced	1 Tbsp.
Bay leaf	1 ea.
Butter	2 Tbsp.
All-purpose flour	¼ cup
Milk	3 cups
Ground white pepper	as needed
Nutmeg	¼ tsp.
Thyme leaves	1 tsp.
Parmesan-Reggiano	1 cup
Cheddar cheese, white, shredded	1 cup
Gruyere cheese, grated	½ cup
Fontina	1 cup
Whole wheat elbow pasta, cooked al dente	½ lb.
Great northern beans, canned or cooked, drained, rinsed, chilled	3 cups
Bread crumbs, toasted	½ cup
Cayenne	¼ tsp.
Salt	½ tsp.

Method

1. Preheat the oven to 350°F.
2. *For the base:* Add the olive oil to a medium pot over medium heat and add the pancetta to the pot.
3. Cook the pancetta until lightly browned, 3 to 4 minutes. Add the onions, shallot, and garlic and bay leaf to the pan and cook until translucent, 3 to 4 minutes.
4. Add the butter and flour to the pot and cook, stirring, for 3 minutes.
5. Add the milk to the pot and whisk until smooth. Bring to a boil then reduce the heat to a simmer. Season with the white pepper, nutmeg, and thyme and cook for 3 minutes. Add the grated cheeses to the pot and stir to combine well. Add the pasta to the pot and remove from the heat.
6. Add the chilled beans and fold them in gently.
7. Transfer the contents of the pot to a 3-quart baking dish or individual ramekins. In a small bowl, combine the bread crumbs with the cayenne and salt and sprinkle over the top of the macaroni. Bake, uncovered, until golden brown and bubbling, about 30 minutes.
8. Cool 15 minutes before serving.

JAMAICAN JERK BBQ BAKED BEANS

Yield: 8 Portions

Ingredients	Amounts
Ham hock, small, smoked	1 ea.
Canola oil	2 Tbsp.
Onions, minced	1 lb.
Garlic cloves, minced	3 ea.
Smoked paprika	1 tsp.
Allspice	¼ tsp.
Nutmeg	¼ tsp.
Cinnamon	¼ tsp.
Ground black pepper	½ tsp.
Garlic powder	1 tsp.
Cayenne	1 tsp.
Onion powder	1 tsp.
Thyme, dried	1 tsp.
Salt	½ tsp.
Canned tomatoes, small dice	1 cup
Navy beans, soaked overnight	1½ lb.
Ketchup	1 cup
Beer (ale or lager)	1 ea.
Coleman's dry mustard	¼ cup
Molasses	3 oz.
Jaggery or dark brown sugar	2 oz.
Apple cider vinegar	2 oz.
Water	1 qt.

Method

1. Preheat an oven to 300°F.
2. In a heavy bottomed pot, cook the ham hock in canola oil until browned.
3. Remove the hock and add the onions to lightly caramelize. Add the garlic and cook until aromatic. Add the spices and toast slightly until fragrant.
4. Add all remaining ingredients and the cooked ham hock, and bring to a simmer.
5. Cover the pot and place in the oven to bake for 5 hours. Stir the beans every hour or so. They may need more water as they cook.
6. After 5 hours, uncover the beans and remove the ham hock. Shred the meat from the ham hock and mix it back into the beans.
7. Continue to cook the beans uncovered in the oven for another 45 minutes to 1 hour. Serve.

ENTREES

BLACK BEAN AND ROASTED RED PEPPER FRITTATA

Yield: 12 Portions

Ingredients	Amounts
Pecorino cheese, grated	½ cup
Flat-leaf parsley, roughly chopped	2 Tbsp.
Salt	1 tsp.
Fresh oregano, chopped	1 tsp.
Eggs, beaten	10 ea.
Ground black pepper	as needed
Bread crumbs	3 Tbsp.
Extra-virgin olive oil	3 Tbsp.
Yellow onion, large, halved and thinly sliced	1 ea.
Yukon gold potato, peeled, ¼" dice	1 ea.
Black beans, cooked	1 cup
Red bell pepper, roasted, in ¼" dice	½ cup
Ricotta cheese	¾ cup

Method

1. In a large bowl, whisk together ¼ cup of the pecorino, parsley, ½ teaspoon of salt, oregano, and eggs. Season with black pepper and set aside.
2. Spray a muffin tin with vegetable spray and coat each with some bread crumbs. Add about 1 teaspoon of the grated cheese to each muffin.
3. Preheat an oven to 350°F.
4. *For the potato bean mixture:* Heat the oil in a sauté pan over medium-high heat. Add the onions and cook for 3 to 4 minutes until soft and just starting to color. Add potatoes, and remaining salt, and cook, stirring occasionally, until lightly browned and soft, about 15 minutes. Remove from the heat and place in a large bowl. Add the cooked black beans and red peppers and stir to combine.
5. *For the muffin tins:* Spoon about 2 tablespoons of the bean mixture into each muffin cup, then top with 1 tablespoon of the ricotta, and sprinkle each with the remaining pecorino cheese. Stir the egg mixture again and pour into each muffin cup 2/3 of the way up the sides.
6. Place the muffin pan in the preheated oven and cook for 10 minutes, or until the center is set.
7. Remove from the oven and cool for 5 minutes. Run a rubber spatula around the edges of each cup and remove from the muffin pan.

BLACK BEAN OMELET WITH AVOCADO SALSA VERDE

Yield: 4 Portions

Ingredients	Amounts
<i>Bean filling</i>	
Olive oil	2 Tbsp.
Scallions, stemmed and chopped	¼ cup
Garlic, minced	1 Tbsp.
Cayenne	¼ tsp.
Tomato, chopped	½ cup
Black beans, cooked	1 cup
Cilantro, minced	3 Tbsp.
Salt	as needed
Ground black pepper	as needed
Eggs	8 ea.
Salt	½ tsp.
Butter	1 Tbsp.
Jack cheese, grated	1 cup
Avocado Salsa Verde (recipe follows)	as needed

Method

1. In a skillet with the canola oil, sauté the scallions, garlic, and cayenne for 1 minute; add the tomato and beans and cook until the liquid has evaporated.
2. Season to taste, set aside, and keep warm.
3. In a bowl, beat eggs and salt.
4. Heat an 8-inch skillet over medium-low heat and add the butter and then pour in the ¼ of the egg mixture. As the eggs set, lift the edges, letting the uncooked portion flow underneath.
5. When the eggs are nearly set, sprinkle the ¼ of the bean mixture over one side; sprinkle with ¼ cup of grated cheese.
6. Fold the omelet over the filling; cover and let stand for 1 minute or until the cheese is melted.
7. Serve with a dollop of avocado salsa verde.

Note: Consumers are increasingly seeking options for breakfast that provide long-lasting energy and a good nutrition story. In this Mexican-inspired omelet, the black beans contribute protein, fiber, and slowly digested carbohydrate that keep the diner satisfied all morning long. More good nutrition news: This omelet provides two servings of vegetables, from the black beans and avocado salsa.

AVOCADO SALSA VERDE

Yield: 2 Cups

Ingredients	Amounts
Avocado, large, ripe, peeled, seeded, and cut in ½" dice	1 ea.
Tomato, red or yellow, seeded and cut in ¼" dice	1 ea.
Red onion, finely chopped	2 Tbsp.
Serrano chile, seeded and minced	1 tsp.
Garlic, minced	½ tsp.
Lime or lemon juice	1 Tbsp.
Fresh cilantro leaves, chopped	2 Tbsp.
Sugar	a pinch
Salt	as needed
Ground black pepper	as needed

Method

1. Carefully combine all ingredients and refrigerate at least 1 hour before serving to allow the flavors to marry.

STEWED KIDNEY BEANS, BUTTERNUT SQUASH, KALE AND MUSHROOMS

Yield: 6 Portions

Ingredients	Amounts
Butternut squash	10 oz.
Extra-virgin olive oil	as needed
Mixed mushrooms, sliced	5 oz.
Garlic cloves, minced	2 ea.
Basil, chiffonade	1 Tbsp.
White wine or sherry	2 oz.
Kidney beans, cooked, drained	12 oz.
Kale, cut into strips	2 cups
Chipotle in adobo sauce, minced	1 Tbsp.
Heavy cream	1 cup
Salt	as needed
Ground black pepper	as needed

Method

1. Cut butternut squash in half, scrape out the seeds, peel and dice into ½ inch cubes.
2. Heat 2 to 3 tablespoons of extra virgin olive oil in a large nonstick pan.
3. Add squash to pan and evenly brown all the sides. Add salt and pepper, and allow the squash to cook for 5 to 6 minutes, or until tender.
4. Add the sliced mushrooms, garlic, and basil, and sauté for about 2 minutes. Add the drained beans, kale, and minced chipotle peppers, tossing to blend the flavors.
5. Deglaze the pan with the white wine, scraping any browned bits from the bottom of the pan for added flavor.
6. Add the cream to the pan, and cook for 2 to 3 minutes longer, or until the ingredients are all cooked through. Season to taste with salt and pepper and serve.

VEGETARIAN INDIAN CURRY BOWL WITH KIDNEY BEANS AND CAULIFLOWER

Yield: 4 to 6 Portions

Ingredients	Amounts
Canola oil	3 Tbsp.
Cumin seeds	1 tsp.
Ginger, minced	½ Tbsp.
Garlic clove, minced	2 ea.
White onion, finely chopped	2 cups
Curry powder	1 ½ Tbsp.
Serrano chilies, seeds removed, minced	1 ea.
Vegetable stock	2 ½ cups
Greek-style plain yogurt	½ cup
Kidney beans, rinsed and drained	1 12 oz. can
Cauliflower head, cut into small pieces	½ each
Cilantro, chopped	½ cup
Basmati rice, cooked	4-6 cups

Method

1. Heat the canola oil in a deep sauce pot and add the cumin, ginger, garlic and onion. Proceed to cook on medium heat until translucent and soft, about 3-4 minutes.
2. Add the curry powder and green chili, and continue cooking for an additional 2-3 minutes, stirring continuously.
3. Add the vegetable stock and bring to a simmer.
4. Add the cauliflower, and allow to cook for 4-5 more minutes, until tender.
5. Reduce the heat and add the Greek yogurt, mixing well to create a creamy sauce. Season to taste.
6. Serve with basmati or jasmine rice and garnish with chopped cilantro.

MACARONI & CHEESE WITH GREAT NORTHERN BEANS

Yield: 12 Portions

Ingredients	Amount
Olive oil	1 Tbsp.
Bacon or pancetta	¼ cup
Onion, peeled and diced	½ cup
Shallot, peeled and minced	2 Tbsp.
Garlic, peeled and minced	1 Tbsp.
Bay leaf	1 ea.
Butter	2 Tbsp.
All-purpose flour	¼ cup
Milk	3 cups
Ground white pepper	as needed
Nutmeg	¼ tsp.
Thyme leaves	1 tsp.
Parmesan-Reggiano	1 cup
Cheddar cheese, white, shredded	1 cup
Gruyere cheese, grated	½ cup
Fontina	1 cup
Whole wheat elbow pasta, cooked al dente	½ lb.
Great northern beans, canned or cooked, drained, rinsed, chilled	3 cups
Bread crumbs, toasted	½ cup
Cayenne	¼ tsp.
Salt	½ tsp.

Method

1. Preheat the oven to 350°F.
2. *For the base:* Add the olive oil to a medium pot over medium heat and add the pancetta to the pot. Cook the pancetta until lightly browned, 3 to 4 minutes.
3. Add the onions, shallot, and garlic and bay leaf to the pan and cook until translucent, 3 to 4 minutes. Add the butter and flour to the pot and cook, stirring, for 3 minutes.
4. Add the milk to the pot and whisk until smooth. Bring to a boil then reduce the heat to a simmer.
5. Season with the white pepper, nutmeg, and thyme and cook for 3 minutes. Add the grated cheeses to the pot and stir to combine well.
6. Add the pasta to the pot and remove from the heat. Add the chilled beans and fold them in gently.
7. Transfer the contents of the pot to a 3-quart baking dish or individual ramekins.
8. In a small bowl, combine the bread crumbs with the cayenne and salt and sprinkle over the top of the macaroni. Bake, uncovered, until golden brown and bubbling, about 30 minutes.
9. Cool 15 minutes before serving.

PINTO BEAN AND QUINOA BURGER WITH ROMESCO MAYONNAISE, IN A TOASTED WHOLE WHEAT SESAME BUN

Yield: 8 Burgers

Ingredients	Amounts
Red beans, soaked in water overnight	1 ½ cups
Garlic, minced	2 tsp.
Carrot, peeled and grated	½ cup
Red onion, minced	¼ cup
Cumin	½ tsp.
Coriander	¼ tsp.
Cayenne	¼ tsp.
Egg	1 ea.
Salt	1 tsp.
Ground black pepper	¼ tsp.
All-purpose flour	2 Tbsp.
Bread crumbs	½ cup
Italian parsley, minced	2 Tbsp.
Cilantro, minced rough	1 Tbsp.
Quinoa, cooked	1 cup
 <i>Toppings</i>	
Cheddar cheese slices	8 ea.
Tomato, sliced	2 ea.
Iceberg lettuce	as needed
Red onion	1 ea.
Romesco mayonnaise	1 cup
Whole wheat sesame buns, cut and buttered	8 ea.
Canola oil, for cooking burgers	¼ cup

Method

1. *For the red beans:* Place soaked beans in a pot and cover with cold water by 4 inches; add the diced onion, bay leaf, and a pinch of salt. Cook on a simmer until the beans are soft, about 40 minutes. Drain and measure out 3 cups for the filling.
2. *For the burger:* Peel the carrots and grate them on a box grater on the large holes. Place 1 ½ cups of the cooled beans into a food processor with the garlic, ground spices, salt, and pepper.
3. Slightly process to obtain a rough paste, scraping down the sides with a rubber spatula; add the carrot, red onion, egg, and flour and process briefly until evenly mixed but slightly rugged.

4. Remove to a large bowl and add the bread crumbs. Fold in the remaining 1 ½ cups of red beans, parsley, cilantro, and quinoa. Mix to combine.
5. Divide into 8 patties and form them the size of the bun. Chill for 50 minutes.
6. Heat the oil in a frying pan over medium heat and pan-fry in batches for 2 to 3 minutes on each side, until golden, then drain on paper towels.
7. Toast the buttered sesame bun, spread each side with Romesco mayonnaise, and then build your burger.

ROMESCO MAYONNAISE

Ingredients	Amounts
Pasilla chiles	2 ea.
Almonds, blanched and toasted	1 cup
Garlic, minced	4 ea.
Red bell pepper, roasted, peeled, seeded, and chopped	1 ea.
Tomato, peeled and seeded	1 cup
Red wine vinegar	3 Tbsp.
Salt	1 tsp.
Extra-virgin olive oil	½ cup

Method

1. *For the base:* Soak the chiles in hot water to cover for about 1 hour. Drain, remove the stems and seeds, and cut up into small pieces.
2. Transfer the chiles to a food processor along with the nuts, garlic, roasted pepper, tomatoes, vinegar, and salt. Pulse a few times to make a rough paste.
3. Add the oil and process until combined.
4. *For romesco mayonnaise:* In a small bowl, whisk together about ½ cup of mayonnaise and ½ cup of romesco. Adjust the seasoning, as you may want more salt or a bit more acidity.
5. Use for the burger or keep for other sandwiches.

SPICED BLACK BEAN BURGERS

Yield: 10 Portions

Ingredient	Amount
Black beans, cooked	4 cups
Red potato, cooked and smashed	1 cup
Sour cream	½ cup
Bread crumbs, toasted	1 cup
Garam masala	2 tsp.
Cayenne pepper	1 tsp.
Salt	1 tsp.
Ground black pepper	½ tsp.
Cilantro, chopped	1 cup
Bread crumbs, for coating burgers	½ cup
Canola oil, for cooking	¼ cup
Hamburger buns	6 ea.
Lettuce leaves	
Tomato slices	
Mayonnaise	

Method

1. Pulse 2 cups of black beans in a food processor with sour cream, bread crumbs, garam masala, cayenne, kosher salt, and pepper until a coarse purée forms.
2. Transfer to a bowl and stir in the cooked and mashed red potatoes, the cilantro and the remaining 2 cups of black beans.
3. Fold gently to combine and chill for 30 minutes. Form mixture into 10 patties and dredge each in the bread crumbs to coat.
4. Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Cook burgers in batches until outsides are crisp and lightly browned, turning once, about 5 minutes total.
5. Serve on toasted hamburger buns with desired accompaniments.

Note: Americans are increasingly seeking vegetarian menu options. The increase in what is being called “flexitarian” eating is being driven by concerns about health and the environment. This vegetarian burger is flavorful and satisfying and the texture is dense yet moist, like a juicy sirloin burger. Add some sweet potato fries on the side to capitalize on consumers who are seeking familiar favorites with a twist.

PITA POCKET WITH WHITE BEAN AND ROASTED RED PEPPER HUMMUS, TOMATOES, FETA, AND CUCUMBER

Yield: 12 Portions

Ingredients	Amounts
<i>White bean hummus</i>	
Garlic cloves, crushed	2 ea.
Lemon juice	¼ cup
Red peppers, roasted, cored, peeled	2 ea.
White beans, cooked	1 ½ cups
Ground cumin	1 tsp.
Cayenne	¼ tsp.
Olive oil	¼ cup
Salt	as needed
Ground black pepper	as needed
Water	as needed
Tahini	½ cup
Salt	as needed
Ground black pepper	as needed
<i>Pita pocket</i>	
Whole wheat pita, halved	6 ea.
Baby greens, cleaned	8 oz.
Tomatoes, diced	3 ea.
Feta cheese	8 oz.
Cucumber, peeled, seeded, sliced	1 ea.

Method

1. *For the hummus:* In food processor, purée the garlic with the lemon juice until chopped very finely.
2. Add the red peppers and white beans and process until smooth. Add cumin, cayenne, olive oil, salt, pepper, and a bit of water, if needed.
3. Scoop the mixture into a bowl. Add the tahini. Stir well and adjust with oil and water for texture, and salt and pepper for taste. Reserve for the pitas.
4. *To assemble pitas:* Spread hummus into each pita halve, then add a little bit of baby greens, tomatoes, feta cheese, and cucumbers.
5. Garnish with more white bean hummus and serve.

CAJUN RED BEANS AND RICE

Yield: 24 Portions

Ingredients	Amounts
Light red beans	2 lb.
Cold water	4 qt.
Bacon, small dice	6 oz.
Yellow onion, 1/2" dice	2 cups
Green bell pepper, large, 1/2" dice	2 cups
Celery, 1/2" dice	1 cup
Garlic, minced	2 tsp.
Ham hock, smoked	1 ea.
Chicken stock	6 qt.
Bay leaf	6 ea.
Thyme, dried	1 tsp.
Salt	as needed
Ground black pepper	as needed
Cayenne pepper	as needed
 <i>Garnish</i>	
Scallions, cut 1/4"	1 cup
Andouille sausage, per person	6 oz.
White rice, cooked, per person	3 oz.

Method

1. Soak beans in cold water overnight. Drain the soaked beans in a colander, discarding the soaking water.
2. In a suitable stock pot, render diced bacon until crisp. Remove until later in the recipe. Sweat vegetables in the rendered fat until tender but not browned. Add the drained beans, ham hock, chicken stock, bay and thyme, and bring to a gentle simmer.
3. Stirring frequently, simmer gently for approximately 2 hours, or until the beans are falling apart and the liquid in the pot has begun to thicken. DO NOT mash the beans to achieve the proper texture. Add water and continue cooking if beans are still mealy.
4. Season well with salt, fresh ground black pepper, and cayenne. The heat for both the black and red pepper should register as a tingle on the back of the tongue, rather than a burn in the front of the mouth.
5. Remove the ham hock and pull the meat from the bone and discarding the skin. Shred the meat for garnish.
6. Cut the green onion 1/4 inch for garnish. Split the sausage lengthwise, and grill or sear on both sides.
7. For each person, fill a large soup bowl halfway with the cooked beans. Top with a mound of rice. Garnish with two pieces of grilled sausage and shredded ham hock. Sprinkle with the cut scallions.

Note: Red beans and rice is the official Monday dish in New Orleans, available on menus in restaurants all over town. Red beans and rice is typically served with smoked sausage, but it is also a wonderful accompaniment to fried chicken, a menu item that continues to grow in popularity in the U.S.

BOLOGNESE SAUCE WITH KIDNEY BEANS, MUSHROOMS, AND PAPPARDELLE

Yield: 12 Portions

Ingredients	Amounts
Olive oil	4 Tbsp.
Mushrooms, minced	1 ½ lb.
Ground veal	1 lb.
Ground pork	1 lb.
Yellow onion, small dice	2 cups
Carrots, diced	2 cups
Celery, diced	2 cups
Red wine, dry	2 cups
Tomato paste	½ cup
Beef stock	2 cups
Kidney beans, cooked	¾ lb.
Parmesan cheese, grated	2 oz.
Garlic cloves, minced	3 ea.
Rosemary sprigs, 3"	2 ea.
Bay leaf	3 ea.
Cream or crème fraiche	1 ½ cups
Nutmeg	¼ tsp.
Ground black pepper	as needed
Salt	as needed
Pasta pappardelle	2 lb.
Parsley, chopped, for garnish	
Parmesan cheese, grated, for garnish	

Method

1. In a large pot over high heat, add the olive oil. Add the mushrooms and sauté until golden and all the moisture has evaporated, about 10 minutes.
2. Add the meat and continue to cook until browned as well. Add the onions, carrots, and celery and continue to sauté on medium heat until the vegetables are soft, about 5 to 6 more minutes.
3. Add the garlic and cook for one more minute.
4. Add the wine, stirring to release any of the drippings that are sticking to the bottom of the pan.
5. Allow the mixture to cook for 5 more minutes, or until the wine is mostly evaporated.
6. Add the tomato paste and stir well. Sauté until the tomato paste has turned a brickish red.
7. Deglaze the pan with the beef stock, add the bay and rosemary, and simmer until reduced and all is tender.
8. Add the beans and cream and continue to cook until it achieves a sauce like thickness. Remove the rosemary and the bay leaf.

9. Season with salt, pepper, nutmeg, and parmesan cheese and taste. Adjust the seasonings as needed.
10. The sauce is ready to add to your cooked pasta, or will store in the refrigerator for up to 4 days.
11. Bring a large pot of salted water to a rolling boil. Add the pasta and follow package directions until pasta is cooked.
12. Drain the pasta in a colander and shake well to remove any extra water clinging to the pasta. Pour the pasta in a large serving bowl. Add the sauce and toss together until the pasta is evenly coated.

Notes: If available, take the rind of the parmesan cheese and add it to the sauce while it simmers. This will lend a tremendous savory flavor from an ingredient that otherwise would likely have thrown away in the garbage. If you do add the rind, omit the 2 ounces of cheese that the recipe calls for you with the sauce.

The addition of the beans to this dish stretches the two meats, making this dish more economical and healthier than if it was made with meat alone.

WHITE BEAN AND TURKEY POLPETTONE WITH BRAISED SWISS CHARD

Yield: 10 Portions

Ingredients	Amounts
<i>For the polpettone</i>	
Carrots, peeled and diced	1 ea.
Onions, small, chopped	1 ea.
Celery, chopped	1 ea.
Garlic cloves, crushed	3 ea.
Olive oil	¼ cup
White beans, drained and rinsed	2 cups
Whole grain bread cubes	1 cup
Whole milk	½ cup
Turkey, ground	1 ½ lb.
Scallions, roots removed, minced	5 ea.
Pecorino cheese, grated	½ cup
Fire-roasted tomatoes, drained, crushed	½ cup
Italian parsley, stemmed and minced	3 Tbsp.
Oregano, minced	¼ cup
Salt	4 tsp.
Olive oil	3 Tbsp.
<i>Swiss chard marinara</i>	
Olive oil	¼ cup
Onion, peeled and diced	1 ea.
Garlic, peeled and minced	2 Tbsp.
Red pepper, cored, seeded, diced	1 ea.
Swiss chard, stemmed, chopped	1 bu.
Marinara sauce	1 cup
Marjoram, minced	2 tsp.
Salt	as needed
Ground black pepper	as needed

Method

1. *For the base of the meatloaf:* Place the carrot, onion, celery, and garlic in a food processor and pulse until chopped very fine.
2. In a large sauté pan, add olive oil and scrap the vegetables into the pan. Cook over medium-high heat stirring to cook evenly, about 5 minutes or until the vegetables just start to brown.
3. Add 1 cup of the white beans and mash with the back of a wooden spoon; reserve the remaining 1 cup of beans. Remove from the heat and add to a large bowl to cool completely.
4. Soak the bread cubes with the bread for about 15 minutes; add to the large bowl of cooled vegetables.

5. *To complete the meatloaf:* Preheat the oven to 375°F. To the large bowl with the cooked vegetable mixture, add the turkey, scallions, grated cheese, tomatoes, parsley, oregano, salt, and olive oil.
6. Mix evenly with your hands until all the ingredients are evenly distributed. Add the reserved 1 cup of white beans and stir gently to combine.
7. *To cook the meatloaf:* Form into a loaf about 5 inches in diameter, and place onto an oiled baking sheet. Bake in the oven for 60 to 70 minutes, or until the center temperature reads 165°F on an instant-read thermometer.
8. *For the Swiss chard marinara:* Add the olive oil to a sauté pan and sauté the onions on medium-high heat until they start to become limp and soft. Add the garlic and red peppers and cook for another 4 minutes.
9. Add the chopped Swiss chard and cook until wilted, about 4 minutes. Add the marinara sauce and marjoram and simmer for 10 minutes to combine the flavors.
10. Reduce the heat to medium or low and continue to cook slowly for 30 minutes until they are caramelized all the way through. Set aside warm for serving with meatloaf.
11. *To serve the dish:* Once the meatloaf is cooked, cool for 15 minutes. Serve with the braised greens.

VEGETARIAN ENCHILADAS WITH PINTO BEANS, SPINACH, CHEESE AND SALSA

Yield: 6 Portions

Ingredients	Amounts
Butter	as needed
Vegetable oil	as needed
Corn or whole wheat tortillas 6 inch	12 ea.
Onion, diced	1 each
Garlic cloves, minced	3 ea.
Cumin	1 tsp.
Spinach, cleaned	1 pound
Pinto beans, cooked and drained	15 oz.
Roasted tomato salsa	3 cups
Pepper jack cheese, grated	12 oz.
Feta cheese, crumbled	1 cup

Method

1. Pre-heat the oven to 350°F.
2. Heat the butter and vegetable oil in a medium-sized skillet until hot and bubbling. Dip a brush into the fat and brush an 11x7 glass or ceramic baking dish to coat well.
3. Soften tortillas by briefly heating them one at a time in the hot fat, cooking them only until soft and removing at once. Stack the tortillas as they are done and set aside, covered with a paper towel.
4. To assemble the filling, add the diced onion, garlic, and cumin to the skillet, and cook until soft and translucent.
5. Add the spinach and cover the pan with a lid to allow the greens to steam for 4 to 5 minutes. Add the beans, season to taste, and reserve in a bowl.
6. To assemble enchiladas, spread one tablespoon of salsa on each tortilla. Add ½ cup of the beans and greens filling, one tablespoon of feta and a small hand-full of pepper jack.
7. Roll the enchilada and place seam down in the baking dish, packing the enchiladas tightly side by side.
8. When all 12 enchiladas have been rolled, spread the remaining salsa and cheeses on top.
9. Bake the enchiladas for 20 to 25 minutes at 350°F until lightly brown on top.

SPICY BLACK BEAN AND CHICKEN TOSTADAS WITH AVOCADO, LETTUCE, AND SOUR CREAM

Yield: 12 Tostadas

Ingredients	Amounts
<i>Spicy black beans</i>	
Canola oil	3 Tbsp.
Garlic cloves, peeled, finely chopped or crushed through a garlic press	2 ea.
Black beans, undrained	4 cups
Salt	½ tsp.
Water	as needed
Serrano pepper, stemmed and seeded, minced	2 ea.
<i>Toppings</i>	
Iceberg lettuce, sliced ¼" thick	3 cups
Sour cream	½ cup
Hot sauce	1 Tbsp.
Fajita chicken strips, heated	2 cups
Corn tortillas, crisp-fried	12 ea.
Avocado, ripe, pitted, flesh scooped from skin, cut into ¼" pieces (optional)	1 ea.
Mozzarella cheese, grated	1 cup
Cilantro, chopped, loosely packed	½ cup

Method

1. *For the spicy black beans:* Heat the oil in a medium skillet over medium heat. Add the garlic, stir for about a minute, and then add the beans.
2. Mash with the back of a spoon until you have a coarse purée, then cook, stirring regularly, until thickened just enough to hold their shape in a spoon, about 10 minutes. Taste and season with salt and water, if needed. Turn the heat to the lowest setting.
3. *For the toppings:* Set out your toppings. Place the lettuce in a large bowl. Mix together the sour cream and hot sauce.
4. Drizzle the mixture over the lettuce and toss to combine.
5. Spread each tostada with a portion of the beans. Top with fajita chicken strips.
6. Top with portions of lettuce. Dot with avocado, if desired. Sprinkle generously with cheese and cilantro, and serve right away.

BLACK BEAN, BROWN RICE, AND JALAPEÑO JACK CHEESE BURRITO WITH SALSA VERDE

Yield: 8 Burritos

Ingredients	Amounts
<i>Black beans</i>	
Canola oil	3 Tbsp.
Shallot, peeled and minced	1 ea.
Garlic cloves, peeled, finely chopped or crushed through a garlic press	2 ea.
Serrano pepper, stemmed and seeded	1 ea.
Chili powder	1 tsp.
Cumin	1 tsp.
Salt	½ tsp.
Water	¼ cup
Black beans	5 cups
<i>Cheese mixture</i>	
Jalapeño, pickled, minced	¼ cup
Mozzarella, grated	1 cup
Cheddar cheese, grated	1 cup
Flour tortillas, 8"	8 ea.
Brown rice, cooked	2 cups
Onions, diced	as needed
Tomatoes, diced	as needed
Iceberg lettuce, shredded	as needed
Salsa Verde (recipe follows)	as needed

Method

1. *For the black beans:* In a large sauté pan over medium heat, heat the oil until shimmering.
2. Add the shallot and cook, stirring often, until softened, about 4 to 5 minutes.
3. Add the garlic, serrano pepper, chili powder, cumin, and salt, and cook for about 1 more minute.
4. Add the water and the beans to the mixture, and bring to a boil.
5. Once boiling, decrease the heat to medium-low and simmer, uncovered, for about 10 minutes. Remove from the heat and cool completely.
6. *For the cheese mixture:* In a small bowl, combine the jalapeños, mozzarella, and cheddar and mix to incorporate.
7. To assemble the burritos, spread ¼ cup of the bean mixture in the center of the tortilla, add ¼ cup of brown rice, and top with some ¼ cup of the cheese mixture.
8. Top with some onions, tomatoes, and lettuce. Roll up the burrito. Wrap in individual foil wraps and chill until ready to serve.

9. To serve, heat the wrapped burritos in a 375°F oven for 15 to 20 minutes. Serve immediately with salsa verde on the side.

SALSA VERDE

Yield: 3 Cups

Ingredients	Amounts
Tomatillos, husked and washed	2 lb.
Jalapeños, stems removed	2 ea.
Garlic cloves, small	3 ea.
Cumin	1 tsp.
Cilantro, woody stems removed, washed, shaken dry	½ cup
Canola oil	1 Tbsp.
Salt	1 Tbsp.

Method

1. Place the tomatillos and jalapeños in a small saucepan. Pour in enough cold water to barely cover. Bring to a boil and cook until the jalapeños are soft and the tomatillos are tender, about 10 minutes.
2. Remove from the heat and let stand for 10 minutes to finish cooking the tomatillos.
3. Drain the tomatillos and jalapeños. Put the tomatillos, jalapeños, garlic, and cumin in a blender jar.
4. Blend a few seconds, just until the tomatillos are coarsely chopped. Add the cilantro and blend until the sauce is smooth and speckled with finely chopped cilantro.
5. Heat the oil in a pan over medium heat. Pour in the contents of the blender. Bring to a simmer and simmer until lightly thickened, about 10 minutes. Season with salt.
6. The sauce can be stored in the refrigerator for up to 3 days.
7. Reheat over low heat before serving.

TORTA WITH BLACK BEAN PURÉE, ROASTED CRIMINI MUSHROOMS, AND CHIPOTLE MAYONNAISE

Yield: 6 Sandwiches

Ingredients	Amounts
<i>Beans</i>	
Black beans	2 cups
Onion, peeled and diced fine	1 ea.
Canola oil	2 Tbsp.
Garlic cloves, roasted	10 ea.
Epazote, chopped	3 Tbsp.
Bay leaf	1 ea.
 <i>Mushrooms</i>	
Crimini mushrooms, stemmed, thinly sliced	1 lb.
Extra-virgin olive oil	3 Tbsp.
Garlic cloves, minced	2 ea.
Thyme leaves	2 tsp.
Salt	as needed
Ground black pepper	as needed
 <i>Sandwich</i>	
Bolillo rolls, or crusty French bread,	6 ea.
Chipotle mayonnaise (recipe follows)	½ cup
Avocado, peeled and sliced	2 ea.
White onion, sliced thin	1 ea.
Pickled jalapeños, sliced	½ cup

Method

1. *For the beans:* Soak the 2 cups of black beans in cold water overnight. Drain the beans and discard the water; rinse with cold water and set aside.
2. Sauté the onions in a small pot with the canola oil until lightly colored. Add the roasted garlic and mash the cloves with a wooden spoon while cooking over low heat.
3. Add the epazote, drained black beans, bay leaf, and enough water to cover by about 2 inches. Bring to a simmer and cook until the beans are soft, about 60 minutes.
4. Drain off any excess liquid, then mash the beans with the spoon until most of the beans are broken up. Remove and cool.
5. *For the mushrooms:* In a large sauté pan over medium heat, add the olive oil and sliced mushrooms and season with the minced garlic, thyme, and ½ teaspoon of salt. Sauté for 8 to 10 minutes or until the mushrooms are soft and most of their liquid has evaporated. Remove from the heat and cool.

6. *To assemble the torta:* Cut the bread in half and spread $\frac{1}{4}$ cup of black bean spread on the bottom side. Spread 2 tablespoons of chipotle mayonnaise on the top half.
7. Lay a few slices of avocado on the black bean spread, then top with a few slices of white onion, about 2 tablespoons of sliced pickled jalapenos, and then $\frac{1}{4}$ cup of mushrooms. Top and serve.

CHIPOTLE MAYONNAISE

Ingredients

Amounts

Mayonnaise	1 cup
Chipotle en adobo, minced fine	3 Tbsp.
Lime juice	1 Tbsp.
Salt	1 tsp.

Method

1. In a small mixing bowl, combine all the ingredients and whisk together until fully incorporated.
2. Store for up to 2 weeks in a small container.

CLASSIC CASSOULET

Yield: 8 Portions

Ingredients	Amounts
Great Northern, or other small white beans	4 cups
Ham hocks	4 ea.
Onions, peeled and quartered	3 ea.
Thyme, sprigs	8 ea.
Salt	as needed
Ground black pepper	as needed
Bacon, diced	¼ lb.
Ham bone	1 ea.
Pork butt, cubes	¾ lb.
Tomato paste	1 Tbsp.
Duck fat	2 Tbsp.
Pork sausage, cut into 2" pieces	1 lb.
Garlic head, cloves peeled	1 ea.
Nutmeg	¼ tsp.

Method

1. Rinse beans thoroughly, pick through, and discard stones then set beans aside.
2. Place ham hocks in a large pot. Add 1 onion, thyme, and salt and pepper. Cover with water and bring to boil over high heat. Reduce heat to medium low and simmer, partially covered, for 2 hours.
3. Remove from heat, allow cooling for 15 minutes, and then drain ham hocks, discarding onion and thyme. Cut the meat from each hock into 2 pieces.
4. Discard bones and extra fat and set meat aside.
5. Meanwhile, place the diced bacon, ham bone, and 1 onion in a large, heavy-bottomed pot. Cook over medium heat, stirring frequently, until bacon is rendered, about 15 minutes.
6. Add cubed pork butt and brown slightly on all sides, about 10 minutes.
7. Add tomato paste and stir to combine and cook for another 5 minutes.
8. Add beans and enough water to cover by ½ inch (about 8 cups) and season with a small pinch of salt.
9. Bring to a simmer, and then reduce heat to low and cook until beans are tender, about 45 minutes. Adjust salt, if necessary, and then set beans aside to cool.
10. Heat duck fat in a large skillet over medium-high heat. Add the sausages and cook, turning to brown on all sides, for about 10 minutes.
11. Place garlic, remaining onion, and ½ cup of water in a blender and purée until smooth. Add garlic paste to the sausages and reduce heat to medium low.
12. Cook, turning sausages occasionally, for 10 minutes or more.
13. Preheat oven to 350°F. Using a slotted spoon, remove and discard ham bone and onion from beans.

14. Using a slotted spoon, transfer about half the beans with bacon to a heavy, wide-mouthed earthenware pot, about 4-inches high. Assemble the cassoulet in layers.
15. Place the meat from the ham hocks on top of the pork and bean mixture and cover with the sausages and garlic paste.
16. Spoon in the remaining beans with the pork rind. Add the reserved bean cooking liquid to just cover (about 3 cups). Bake, uncovered, until the cassoulet comes to a simmer and a crust begins to form, about 1 hour.
17. Reduce heat to 250°F and cook for 2 hours, checking every hour or so to make sure cassoulet is barely simmering.
18. If cassoulet appears dry, break crust (browned top layer) by gently pushing down with the back of a spoon, allowing a new layer of beans to rise to the surface.
19. Add just enough reserved bean cooking liquid to moisten beans.
20. Remove cassoulet from oven. Allow to cool completely, then cover with a lid or aluminum foil, and refrigerate overnight.
21. Remove cassoulet from the fridge and allow to warm to room temperature for 45 minutes. Place in a preheated oven and bake for 1 hour.
22. When cassoulet begins to simmer, break crust and add enough warm water just to cover beans. Reduce heat to low and bake, breaking crust and adding water as needed for 3 hours. Remove from oven and rest for 25 to 20 minutes.
23. Serve cassoulet from the pot, breaking the crust at the table.

Note: French cassoulets are classic comfort foods. The long cooking process is critical for developing the rich depth of flavor. Consider serving the cassoulet in mini casserole dishes with lids so wait staff can remove the lid at the table, releasing a burst of heady, inviting aromas.

GRILLED SHRIMP SKEWERS WITH ROSEMARY WHITE BEANS, SAUTÉED SWISS CHARD

Yield: 8 Portions

Ingredients	Amounts
<i>Cooked beans</i>	
Dried white great northern beans	1 lb.
Extra-virgin olive oil	1/3 cup
Fresh rosemary, 6" branch	1 ea.
Bay leaves	2 ea.
Red pepper flakes	1/2 tsp.
Ground black pepper	as needed
Salt	1 tsp.
<i>Shrimp</i>	
Shrimp, large, shelled and deveined	24 ea.
Olive oil	1/4 cup
Thyme, minced	1 Tbsp.
Rosemary skewers	8 ea.
Salt	as needed
<i>Swiss chard</i>	
Olive oil	3 Tbsp.
Shallots, minced	6 Tbsp.
Garlic, minced	2 Tbsp.
Swiss chard, white, red, or rainbow, stemmed and torn into pieces	2 bu.
Salt	1 tsp.
Ground black pepper	1/2 tsp.
White wine	2 oz.

Method

1. *For the beans:* Sort and wash the beans of any debris and dust and then soak them overnight under refrigeration in 3 times the volume of water as beans.
2. Discard any beans that float or which appear wrinkled and misshapen. Drain the soaking water and reserve. Place the beans in a 3-quart pot and cover with only enough of the soaking water to cover the beans.
3. Bring the beans to a boil and skim the pot well of any foam that rises.
4. Reduce the heat to the barest simmer, add the remaining ingredients except for the salt, and cover the pot with a tight fitting lid.
5. It is possible, with a low fire, that the beans will take 2 to 2 1/2 hours to cook. Check the water level on the beans every 20 minutes and add more hot water as needed to keep the beans covered. As the beans approach tenderness, give them ever less liquid – the ideal would be a finished pot of moist, tender beans without excessive cooking liquid.

6. Once the beans are tender, add the salt and adjust the seasoning. Set aside in a warm place until the rest of the dish is prepared.
7. If you intend to store the beans for later, keep them in their cooking liquid, cover, and refrigerate for up to 4 days.
8. In a medium-sized bowl, combine shrimp, oil, and thyme. Cover and refrigerate for 2 hours or up to 6 hours.
9. *For rosemary skewers:* Pull half of the leaves off each stalk, so that leaves remain on one end. Sharpen the other end into a point with a paring knife.
10. Thread three shrimp onto the pointed end of each skewer.
11. *For the chard:* Heat the olive oil in a large sauté pan over medium-high heat. Add the shallots and garlic to the pan and sweat until translucent, about 5 minutes.
12. Add the chard to the pan, and season with salt and pepper. Sauté until just barely wilted, about 5 to 7 minutes. Sauté in batches if necessary.
13. Add the white wine to the pan and cover. Steam the chard until the spines are tender and the liquid has almost evaporated, about 5 minutes.
14. *To cook the shrimp:* Heat a grill, grill pan, or broiler. Cook shrimp about 3 minutes per side, until they turn opaque and start to curl slightly.
15. *To serve:* Place a small amount of the Swiss chard in the middle of a plate and top with some of the cooked beans. Place the cooked shrimp skewer on top and season with the salt.

Note: The white beans in this dish really take on the flavors of the chile and fresh herbs. The rosemary brings beautiful aromatics to this versatile dish that can be easily scaled to an entrée or appetizer portion. Grilling the shrimp on the rosemary skewers continues the flavor profile throughout the dish and creates an elegant presentation option.

ROASTED HALIBUT WITH SPICY BLACK BEAN CAKES

Yield: 8 Portions

Ingredients	Amounts
<i>Bean cakes</i>	
Olive oil	¼ cup
White onion, peeled and diced	1 ea.
Garlic cloves, crushed and chopped	2 Tbsp.
Jalapeno peppers, stemmed and minced	¼ cup
Cumin, ground and toasted	2 tsp.
Black beans, cooked	4 cups
Salt	1 tsp.
Ground black pepper	as needed
Sweet potato, peeled and grated	2 cups
Egg, lightly beaten	2 ea.
Bread crumbs, toasted, plus extra for coating finished cakes	¾ cup
<i>Halibut</i>	
Halibut fillet, skinned and portioned into 4 oz. pieces	2 lb.
Olive oil	¼ cup
Salt	as needed
Ground black pepper	as needed
Fennel seed, toasted and ground	1 Tbsp.
Limes, cut into ¼ wedges	1 ea.

Method

1. *Bean Cakes:* Heat 2 tablespoons of olive oil in a small skillet over medium heat. Cook onions until softened, about 1 minute.
2. Stir in garlic, jalapenos, and toasted cumin; cook until fragrant, about 2 minutes.
3. Transfer contents of skillet to a large bowl. Stir in 2 cups of cooked black beans and mash with a fork. Season with salt and pepper to taste.
4. Mix in sweet potatoes, eggs, 1 cup of the cooked black beans, and bread crumbs. Mix again carefully just to combine and chill for 30 minutes.
5. Divide into 16 small balls and flatten into patties with straight sides. Lightly grease baking sheet with 2 tablespoons of olive oil.
6. Dip into bread crumbs to coat and place on oiled sheet pan; chill for 20 minutes.
7. Preheat the oven to 450°F. Place bean cakes in the oven and roast for 10 minutes, or until the cakes start to lightly brown.
8. Meanwhile, pat the halibut fillets dry with paper towels.

9. Season the halibut portions generously with salt, pepper, and the toasted fennel seed. Heat the ¼ cup of olive oil over medium-high heat in a large oven-proof frying pan until hot but not smoking.
10. Slip the halibut pieces skin-side up into the pan and cook until the bottom side is golden and the edges of the fish start to look opaque, about 3 minutes.
11. Flip the fish fillets over and place in the 450°F oven for 2 to 3 minutes, or until the fillets are just opaque in the center.
12. Warm the remaining 1 cup of black beans and season with salt and pepper.
13. Serve the fish with warm roasted black bean cakes, a small spoonful of black beans, and the fresh lime wedges.

Note: In this Latin-influenced dish, the silky richness of the halibut is offset by the vibrantly flavorful black bean cakes. The spiciness of the jalapenos plays nicely with the richness of the sweet potato in these bean cakes to make this a great side for the halibut. A squeeze of lime at the end is a great flavor bridge that brings it all together.

ROASTED SALMON, QUINOA, AND BLACK BEAN SALAD

Yield: 10 Portions

Ingredients	Amounts
Quinoa	¾ cup
Black beans, cooked (or canned and rinsed)	1 ½ cups
Red wine vinegar	1 ½ Tbsp.
Salt	as needed
Ground black pepper	as needed
Red pepper, roasted, diced small	1 cup
Red onion, diced small	¾ cup
Pickled jalapeno chilies, seeded and chopped	2 ea.
Cilantro, finely chopped	½ cup
Salmon, roasted and cooled	1 lb.
Watercress, large stems removed	3 cups
 <i>Dressing</i>	
Lime juice	6 Tbsp.
Salt	1 tsp.
Cumin	1 tsp.
Cayenne pepper	¼ tsp.
Olive oil	½ cup

Method

1. *For the quinoa:* In a bowl, wash the quinoa in at least 3 changes of cold water, rubbing the grains and letting them settle before pouring off most of the water until the water runs clear; drain in a large fine sieve.
2. Bring 1 ½ cups of water to a boil in a medium-sized pot and add the quinoa.
3. Lower the heat and cover; cook for 15 minutes. Remove from the heat and let sit for 20 minutes. Fluff with a fork to break up any clumps.
4. While the quinoa is cooking, toss the beans with vinegar, salt, and pepper to taste in a small bowl. Let sit for 30 minutes before draining off excess liquid.
5. Transfer the quinoa to a large bowl and cool. Add the drained beans, red bell pepper, red onions, jalapeños, and cilantro; toss gently to combine.
6. *For the dressing:* In a small bowl, whisk together the lime juice, salt, cumin, and cayenne pepper. Add the oil in a stream, whisking.
7. Drizzle the dressing over the salad and toss well with salt and cayenne to taste.
8. Crumble half the cooked salmon and add gently to the salad. This salad may be made 1 day ahead and chilled, covered.
9. *To serve:* Mound a small pile of watercress on a plate and top with 1 cup of the bean salad. Top with the remaining roasted salmon on top.

Note: This salad presents a trio of ingredients with incredible health “halos.” Consumers associate salmon with heart health promoting omega-3. Quinoa, a popular ingredient in Peruvian kitchens, is increasing in popularity as consumers seek out more whole grains. And black beans provide fiber, protein, and low glycemic index carbohydrates that provide long-lasting energy. But enough about the nutrition benefits; this salad should be sold on flavor, with a dressing that bridges the richness of the salmon, the nuttiness of the quinoa, and the sweetness of the black beans.

INDIAN SPICED CAULIFLOWER AND WHITE BEAN PATTIES WITH PICKLED BLACK BEAN AND MANGO CHUTNEY AND CUCUMBER YOGURT SAUCE

Yield: 6 to 8 Portions

Ingredients	Amounts
Patties	
Great Northern Beans, dry	1 cup
Great Northern Beans, cooked	1 lb.
Cauliflower	1 hd
Clarified butter, ghee	2 cups
Onion, minced	½ cup
Garlic, minced	1 tbsp.
Coriander, ground	1 tbsp.
Salt	1 tsp.
Ground black pepper	½ tsp.
Cilantro, minced leaves and stems	½ cup
Lemon, zest and juice	1 ea.
Baking powder	1 tsp.
Chutney	
Sugar	½ cup
Distilled vinegar	½ cup
Water	¼ cup
Ginger, minced	1 tbsp.
Mustard, dry	1 tbsp.
Cloves, ground	¼ tsp.
Cinnamon	¼ tsp.
Red pepper flakes	¼ tsp.
Black mustard seeds	1 tsp.
Black beans, cooked	2 cups
Mango, small dice	1 ea.
Yogurt sauce	
Greek-style yogurt	1 cup
Cucumber, peeled, seeded and grated	1 cup
Mint, finely minced	½ cup
Garlic clove, minced	1 ea.
Lemon juice	1 ea.
Cumin, ground	½ tsp.
Cilantro	as needed

Method

1. *For the patties:* Remove any stones or debris from the dry beans. Grind the dry beans in a blender until a flour is formed. Set aside.
2. Cut cauliflower into small florets and set aside.
3. Heat skillet with ½ cup of the butter and sauté the onions until softened. Add the garlic and stir for 30 seconds until fragrant. Add the coriander and cauliflower.
4. Season with salt and black pepper. Cover and cook until softened, about 3 to 5 minutes. Blend this mixture in a food processor until puréed.
5. In a bowl, combine the cauliflower mixture with the cooked white beans, cilantro, bean flour, lemon juice, lemon zest, and baking powder. Set aside for 1 to 2 hours, refrigerated.
6. Form 2 ounce patties and set aside.
7. *For the chutney:* In a sauce pan, combine all the chutney ingredients together except the beans and the mango and bring to a boil.
8. Add the beans and mango and simmer until thickened, about 5 to 10 minutes. Remove from heat and set aside to cool.
9. *For the yogurt sauce:* Combine all ingredients in a bowl and adjust seasoning.
10. *To serve:* Heat ghee in a skillet and pan fry the bean cakes on both sides until golden brown.
11. Serve with pickled bean chutney and yogurt sauce. Garnish with cilantro.

BLT BOWL

Yield: 6 servings

Ingredients	Amounts
<i>Creamy Lemon-Dill Dressing</i>	
Dijon mustard	1 Tbsp.
Garlic clove, mashed to a paste	1 ea.
Lemon juice	¼ cup
Greek yogurt	¼ cup
Extra-virgin olive oil	¼ cup
Dill, chopped	1 tbsp.
Salt	to taste
Ground black pepper	to taste
Sourdough bread, torn into bite sizes	½ loaf
Olive oil spray	as needed
Salt	as needed
Ground black pepper	as needed
<i>Poached egg</i>	
Egg	6 ea.
White vinegar	2 tsp.
White kidney beans, canned, drained	1 ea.
Farro or barley, cooked	1 cup
Olive oil	¼ cup
Dill, roughly chopped	¼ bu.
Parsley, roughly chopped	½ cup
Green onions, very finely sliced	3 ea.
Salt	as needed
Ground black pepper	as needed
Baby gem lettuces, cut in ½ or 1 head butter lettuce, separated into leaves	3 ea.
Heirloom tomatoes, sliced	3 ea.
Radishes, or 1 watermelon radish, very thinly sliced	3 ea.
Avocados, perfectly ripe, sliced	2 ea.
Crispy Kidney “fakin’ bits” (recipe follows)	

Method

1. *For the dressing:* Whisk all ingredients together, season to taste and keep refrigerated until ready to use.
2. *For the croutons:* Place the torn croutons on a baking sheet. Spray with olive oil and sprinkle with salt and pepper. Bake in a 350° F oven until golden and crispy, about 5-7 minutes. Reserve.
3. *For the poached egg:* Heat the water: Add enough water to come 1 inch up the side of a narrow, deep 2-quart sauce pan. Add the vinegar and bring to a simmer over medium heat.
4. Meanwhile, crack 1 large egg into a cup.
5. Stir the simmering water in one direction until it's all smoothly swirling around in a whirlpool. Carefully drop the egg into the center of the whirlpool. The swirling water will help to keep the egg a nice shape. Repeat with remaining eggs.
6. Cook the eggs for 3 to 4 minutes until the whites are set and yolks are still runny.
7. Remove the eggs with a slotted spoon and serve immediately.
8. Toss the white kidneys and cooked farro with a little of the olive oil, just to coat. Fold in the chopped herbs. Season to taste with salt and pepper.
9. Assemble the bowl with the lettuce, tomatoes, white kidney beans and farro, avocado and radishes. Dress the bowl, and top with the poached egg, torn croutons and the crispy Kidney Bean “fakin’ bits”

CRISPY KIDNEY BEAN “FAKIN’ BITS”

Yield: 1 ¾ Cup

Ingredients	Amounts
Red kidney beans, canned	1 ea.
Liquid smoke	1 tsp.
BBQ spice rub	1 Tbsp.
Salt	as needed
Sugar	1 Tbsp.
Olive oil spray	as needed

Method

1. Preheat the oven to 350°F
2. Rinse and drain the kidney beans. Place in a bowl and toss with the liquid smoke, BBQ spice rub, salt, and sugar.
3. Place the kidney beans on a parchment lined cookie sheet and spray with olive oil.
4. Roast for 30 to 40 minutes in the oven until very crispy. If they are still soft inside, continue to roast in 5 minute increments, until perfectly crispy. They will crisp up even more as they cool.
5. When they are done, allow to cool, and keep in an airtight container.

Note: These make an excellent alternative grain-free crouton, bowl topper or snack.

FISH TACO AND PINTO BEAN BOWL

Yield: 6 Servings

Ingredients	Amounts
Corn cobs	2 ea.
Cherry tomatoes	1 cup
Olive oil spray	as needed
Salt	as needed
Ground black pepper	as needed
Chili powder	2 tsp.
Cumin	2 tsp.
Cayenne pepper	a pinch
Garlic powder	a pinch
Mexican oregano	1 tsp.
Salt	1 tsp.
Cod, halibut, corvina or other firm white flesh fish fillets	18 oz.
Olive oil spray	as needed
<i>Dressing</i>	
Olive oil	¼ cup
Garlic, mashed to a paste	2 ea.
Cumin	1 tsp.
Lime, juice of	1 ea.
Pinto beans, 15-oz. can, rinsed and drained	1 ea.
Multicolored quinoa, cooked	2 cups
Red onion, chopped	1 ea.
Red or yellow bell pepper, chopped	1 ea.
Jalapeño, seeds removed and minced	1 ea.
Green onions, chopped	3 ea.
Cilantro, chopped	¼ bu.
Cotija cheese, crumbled	½ cup
<i>Garnish</i>	
Cabbage, finely shredded	2 cups
Avocado, sliced	2 ea.
Cilantro sprigs	a handful
Lime, wedges	6 pc.
Crema	1 cup
Tortilla chips (optional)	as needed

Method

1. *To make the charred tomatoes and corn:* Turn the broiler on high. Line a cookie sheet with foil. Spray the tomatoes and corn with olive oil spray, season with salt and pepper. Place under the broiler, removing tomatoes when their skins are slightly blackened and starting to collapse (about 3 minutes). The corn will take a little longer. Turn the corn a few times until it is slightly charred, and remove and let cool. When the corn is cool enough to handle, cut the kernels off the cob.
2. In a small bowl, combine chili powder, cumin, cayenne pepper, garlic powder, Mexican Oregano and salt. Sprinkle evenly over both sides of the fish. Set aside for 10 minutes while you make the salad.
3. Whisk the olive oil, garlic, cumin, lime juice together. Add the charred corn, beans, quinoa, red onion, bell pepper, jalapeño, scallions, cilantro and crumbled cotija. Stir gently to combine, season to taste with salt and pepper and set aside.
4. Spray olive oil in a large nonstick skillet over medium high heat. Add the fish and cook, undisturbed, for several minutes per side. When cooked, the fish will be opaque throughout. Remove the fish from the pan and set aside.
5. *To serve:* Spoon the bean “salad” into 6 bowls. Add the cabbage, charred tomatoes, avocado, and fish. Garnish with the crema, cilantro, lime wedge and tortilla chips.

HUEVOS RANCHEROS REFRIED BEAN BREAKFAST BOWL

Yield: 6 Servings

Ingredients	Amounts
Tortillas, cut into ¼ inch strips	6 ea.
Vegetable oil for frying	3 cups
Lime chili salt (such as Tajín) for seasoning	to taste
<i>Refried Black Beans</i>	
Vegetable oil	¼ cup
White onion, minced	¼ cup
Garlic, minced	1 Tbsp.
Chipotle chili powder	1 tsp.
Cumin	½ tsp.
Black beans, cooked, liquid reserved	2 cups
Bean cooking liquid	1 cup, reserved
Salt	as needed
Brown rice, cooked and warm	2 cup
Limes, juiced	1 ea.
Cilantro, chopped	2 Tbsp.
Salt	as needed
<i>Sautéed Chard</i>	
Rainbow chard, shredded, including stems	1 bu.
Olive oil	1 Tbsp.
Garlic clove, smashed	1 ea.
Chili flakes	to taste
Salt	as needed
Vegetable oil	as needed
Eggs	6 ea.
Salt	as needed
Ground black pepper	as needed
<i>Garnish</i>	
Cotija cheese, crumbled	6 oz.
Avocados, cubed, tossed with lime juice	2 ea.
Salsa verde	1 cup
Salsa roja	1 cup
Toasted pepitas	¼ cup
Cilantro sprigs	6 ea.

Lime wedges

6 ea.

Method

1. *For the Tortilla Strips:* Fry the tortilla strips in hot oil until golden brown, drain on paper towels and season with lime chili salt or Tajín.
2. *For the Refried Beans:* Heat the vegetable oil in a large pan or stockpot, and sweat the onions and garlic until translucent.
3. Add the chili powder, and cumin, and sauté until aromatic.
4. Add the beans and some of their liquid to the pan and cook until warmed through.
5. Mash the beans with a spatula, the back of a spoon, or a potato masher, continuously stirring until broken down. Add more liquid as needed and season to taste with salt.
6. *For the Rice:* In a large bowl, add cooked brown rice, lime juice, chopped cilantro and salt to taste. Set aside and keep warm.
7. *For the chard:* Heat a large sauté pan on high heat. Add the oil, the garlic and chili flakes. When the garlic begins to sizzle, add the chard. Every 2-3 minutes turn the chard around in the pan to wilt. Season with salt, and remove the garlic clove.
8. *For the eggs:* Working in batches as needed, heat a cast iron pan or non-stick pan. Add the oil. Add the cracked eggs directly into the hot oil and reduce the heat to medium-low or low.
9. Fry the eggs, shaking the pan occasionally to keep the eggs from sticking. Fry for about 2-3 minutes for sunny-side up. Season with flaky sea salt and black pepper before serving.
10. *For the bowls:* Assemble each bowl by adding refried bean and rice mixture, wilted chard, a fried egg, 2 tablespoons of the salsa verde, and 2 tablespoons of the salsa roja. Garnish with avocado, cotija cheese, pepitas, crispy tortilla strips, lime, and cilantro sprigs.

KOREAN KIDNEY BEAN AND MULTI-GRAIN BOWL, WITH GOCHUJANG MEATBALLS, AND A POACHED EGG

Yield: 6 Servings

Ingredients	Amounts
<i>Meatballs</i>	
Green onions, finely minced, both white & green parts	3 ea.
Garlic cloves, finely minced	2 ea.
Ginger, 2-inch piece, finely minced	1 pc.
Canola oil	1 tbsp.
Sesame oil	1 tbsp.
Kidney beans, cooked and drained	½ lb.
Ground beef or pork	½ lb.
Cilantro, chopped	3 Tbsp.
Panko	½ cup
Egg	1 ea.
Gochujang	2 Tbsp.
Salt	1 tsp.
White pepper, ground	2 tsp.
Cilantro, chopped	¼ cup
Sesame seeds	2 Tbsp.
<i>Glaze</i>	
Honey or agave syrup	½ cup
Pineapple juice	½ cup
Sesame oil	2 tsp.
Gochujang	2 Tbsp.
Rice vinegar	2 Tbsp.
Soy sauce	1 Tbsp.
Light and Dark Red Kidney Bean and Multigrain Mix (recipe follows)	
Eggs	6 ea.
Korean chili flakes	to taste
Kimchi	1 cup
Peanuts, roasted	as needed
Green onions, bias sliced	as needed

Method

1. *For the Gochujang Meatballs:* Sauté the green onion, garlic and ginger in canola and sesame oil over medium heat until fragrant. Cool.

2. Crush the kidney beans until quite small with a fork. Add the ground beef in a large bowl, add cooled onion/garlic mixture, cilantro, panko, egg, gochujang, sesame seeds, and salt and pepper. Combine very well. Cook off a test meatball and adjusting the seasoning with more salt if necessary.
3. Form into 1-inch meatballs. Refrigerate until firm.
4. *For the glaze:* Bring the glaze ingredients to a boil and reduce to about ½ cup. Set aside.
5. Place the meatballs on a parchment-lined sheet pan, and roast in a 400°F oven until brown cooked through, and register 155F on an instant read thermometer.
6. When the meatballs are fully cooked, glaze with the sauce and garnish with some chopped cilantro and sesame seeds.
7. *For the soft-cooked egg:* Boil water in a sauce-pan. Drop in eggs and cook for 7 ½ minutes.
8. Once cool enough to handle, peel the eggs, and cut in half. Season with salt and Korean chili flakes. Set aside.
9. *To serve:* Divide the grain and kidney bean mixture between 6 bowls. Place three meatballs on the grain mixture, then add the kimchi, the soft cooked egg, the peanuts and the scallions. Finish by drizzling a little more glaze in the bowl.

NAVY BEAN FALAFEL MEDITERRANEAN BOWL

Yield: 6 Servings

Ingredients	Amounts
<i>Navy Bean Falafel</i>	
Navy beans, cooked and drained, or canned	1 cup
Egg	1 ea.
Onion, finely chopped	¼ ea.
Garlic cloves, finely chopped	2 ea.
Parsley, finely chopped	3 Tbsp.
Carrot, grated	¼ cup
Smoked paprika	¼ tsp.
Turmeric	¼ tsp.
Coriander	1/8 tsp.
Cumin	1/8 tsp.
Salt	to taste
Ground black pepper	to taste
Bread crumbs	¼ cup
<i>Tahini dressing</i>	
Tahini	1/3 cup
Water	1/3 cup
Yogurt	1/3 cup
Honey	2 Tbsp.
Lemon juice	¼ cup
Garlic cloves, chopped	2 ea.
Salt	1 tsp.
Multi-colored cherry tomatoes	1 cup
Persian cucumbers, sliced	2 ea.
Red onion, diced	¼ cup
Olive oil	2 Tbsp. plus 1 Tbsp.
Feta	8 oz.
Mint, leaves picked	1 bu.
Dill, leaves picked	1 bu.
Parsley, leaves picked	½ bu.
Cilantro, leaves picked	½ bu.
Lemon juice	a squeeze
Olive oil	as needed
Smoked sea salt	as needed
Kalamata olives, pitted	1 cup
Pistachios, toasted	6 Tbsp.

Pomegranate arils (optional) ½ cup
Grilled flatbread to serve (optional)

Method

1. *For the navy bean falafel:* Place all ingredients in a food processor, and pulse until well incorporated. Pulse in the breadcrumbs.
2. Heat a couple of tablespoons of olive oil in a frying pan over medium heat and when hot, add spoonfuls of the bean mixture. Cook 3-4 minutes on each side or until golden.*
3. *For the tahini dressing:* Whisk all ingredients in a mixing bowl until smooth.
4. *For the bowl:* Toss the tomatoes, cucumber and red onion in 2 tbsp. of olive oil and season to taste with salt and pepper. Gently stir in the feta.
5. *For the herb salad:* In a small bowl toss the clean, picked herbs in a tiny amount of olive oil, lemon juice and a pinch of smoked sea salt just to coat.
6. *To serve:* To build the bowl, add the tomato, cucumber salad, Kalamata olives, toasted pistachios, pomegranate seeds, 2 tbsp. of the tahini dressing, three of the falafel, the herb salad, and grilled flatbread.

***Note:** For a baked version, spray the patties with olive oil and bake in a 400°F oven until the patties are crisp, golden and hot.

DESSERTS

BLACK BEAN AND BLACK RICE PUDDING WITH COCONUT MILK AND TOASTED COCONUT FLAKES

Yield: 12 Portions

Ingredients	Amounts
Black beans	1 cup
Water, cold	4 cups
Lemongrass, bruised	1 ea.
Kaffir lime leaves	2 ea.
Black rice	1 cup
Salt	½ tsp.
Sugar	¼ cup
Water, cold	3 ½ cups
Coconut milk	1 ½ cups
Lime juice	2 Tbsp.
Mango, peeled and sliced	2 ea.
Coconut flakes, toasted	½ cup

Method

1. *For the black beans:* Soak the beans overnight, drain, and add to a pot; cover with fresh cold water.
2. Add the lemongrass, kaffir lime leaves, and bring to a boil; reduce to a simmer and cook until al dente, about 40 minutes. Drain off excess water and set aside.
3. *For the black rice:* Add the black rice to a bowl and rinse with cold water by stirring to release any broken pieces; repeat until the water is clear and clean. Pick out any odd grains.
4. In a medium saucepan, stir rice, salt, sugar, and water and bring to a boil. Stir well and reduce heat to low.
5. Cover and simmer gently for about 60 to 70 minutes, or until all of the water has been absorbed and the rice is tender. Stir in the coconut milk and add the reserved, cooked black beans.
6. Warm again and serve immediately as a hot dish. Garnish with the mango and coconut flakes.

HUEVOS RANCHEROS

Yield: 6 Portions

Ingredients	Amounts
<i>Spicy Refried Beans</i>	
Vegetable oil	½ cup
Onion, minced	½ cup
Garlic, minced	1 Tbsp.
Mild chili powder	1 tsp.
Hot chili powder	2 tsp.
Cumin	1 tsp.
Smoked paprika	1 tsp.
Salt	as needed
Pinto beans, cooked, liquid reserved	4 cups
Bean cooking liquid	2 cups
Limes, juiced	1 each
Vegetable oil	as needed
Eggs	12 ea.
Salt	as needed
Ground black pepper	as needed
Corn tortillas, 6-inches, fried until crispy	6 ea.
<i>Garnish</i>	
Monterey Jack, grated	½ lb.
Avocados, tossed with lime juice	2 ea.
Tomatillo Salsa (recipe follows)	1 cup
Ranchero Sauce (recipe follows)	2 cup
Sour cream	1 cup
Cilantro sprigs	6 ea.

Method

1. *For the Spicy Refried Beans:* Heat the vegetable oil in a large pan or stockpot, and sweat the onions and garlic until translucent.
2. Add the mild chili powder, hot chili powder, cumin, smoked paprika, and salt, and sauté until aromatic.
3. Add the beans and some of their liquid to the pan and cook until warmed through.
4. Mash the beans with a spatula, the back of a spoon, or a potato masher, continuously stirring until broken down. Add more liquid as needed.
5. Add lime juice and salt to taste. Set aside and keep warm.
6. *For the eggs:* Working in batches as needed, heat oil in a skillet over medium-high heat until very hot but not smoking. Add the cracked eggs directly into the hot oil and reduce the heat to medium-low or low.

7. Fry the eggs, shaking the pan occasionally to keep the eggs from sticking. Season the eggs with salt and pepper. Fry for about 2 minutes for sunny-side up, 3 minutes for medium yolks, and 3 ½ to 4 minutes for hard yolks.
8. Top each prepared tortilla with refried beans, 2 fried eggs, and cheese. Slide the tortillas under the broiler or into a hot oven to melt the cheese.
9. Top each tortilla with the avocados, 2 tablespoons of the Tomatillo Salsa, 2 tablespoons of the Ranchero Sauce, and 1 ounce of the sour cream. Serve immediately on heated plates, garnished with cilantro sprigs.

Source: This recipe was developed by The Culinary Institute of America as an industry service to Northarvest Bean Growers Association. All rights reserved.

TOMATILLO SALSA

Yield: 1 Cup

Ingredients	Amounts
Tomatillos, husks removed	4 ea.
Onion, small, chopped	1 ea.
Garlic cloves, minced	1 ea.
Jalapeño trimmed and deseeded	1 ea.
Cilantro leaves, not packed down	¼ cup
Water	¼ cup (or as needed)
Salt	⅛ tsp.
Sugar	⅛ tsp.

Method

1. Place tomatillos, onion, garlic, jalapeño, cilantro, and about ¼ cup water in a blender.
2. Blend until not quite smoothly puréed (a slight chunkiness is one of its charms). Add more water if necessary to produce a light salsa texture. Add a pinch of sugar and season with salt to taste. Serve at once.

Source: This recipe was developed by The Culinary Institute of America as an industry service to Northarvest Bean Growers Association. All rights reserved.

RANCHERO SAUCE

Yield: 6 Portions

Ingredients	Amounts
Vegetable oil	¼ cup
Onion, sliced thinly	1 ea.
Garlic, minced	1 oz.
Red bell pepper, sliced thinly	2 ea.
Tomatoes, chopped	4 ea.
Cumin	1 tsp.
Coriander	½ tsp.
Dried chipotle chiles, soaked chopped	1 ea.
Limes, juice of	6 ea.
Salt	as needed

Method

1. Heat the vegetable oil in a medium sauté pan, and sweat the onions, garlic, and peppers until translucent. Add the chopped tomatoes, cumin, coriander, chipotle chiles, and lime juice, and cook until the sauce thickens.
2. Puree until smooth and season to taste with salt.

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DRESSINGS/SAUCES

BASIC BASIL PESTO

PISTOU

Yield: 1 Cup

Ingredients	Amounts
Fresh basil leaves	3 cups
Garlic, chopped, poached or toasted	2 Tbsp.
Walnuts, toasted	3 Tbsp.
Extra-virgin olive oil	1/3 cup
Parmesan or Asiago cheese, shredded	1/3 cup
Salt	as needed
Ground black pepper	as needed

Method

1. Plunge basil leaf into a pot of boiling water for 5 to 10 seconds. Immediately drain and plunge into a bowl of ice water to stop the cooking and set the bright color.
2. Drain and squeeze out all the water that you can.
3. Chop the basil coarsely and add to a food processor or blender along with garlic, walnuts, and olive oil and purée. Transfer to a bowl and stir in cheese.
4. Correct seasoning with salt and pepper. Store covered in refrigerator for up to 5 days or freeze for up to 3 months.

CREAMY WHITE BEAN DRESSING

Ingredients	Amounts
Lemon juice	¼ cup
Lemon zest	1 tsp.
Lime juice	2 Tbsp.
Dijon mustard	2 tsp.
Shallots, minced	1 Tbsp.
Great northern beans	¼ cup
Extra-virgin olive oil	¾ cup
Water, used to thin	as needed
Salt	as needed
Ground black pepper	as needed

Method

1. Place the lemon juice and zest, lime juice, mustard, shallots, and the beans in a blender and purée until smooth.
2. Add the olive oil all at once and purée again until combined; thin if necessary with water.
3. Season with kosher salt and pepper as needed.

LIME CUMIN VINAIGRETTE

Ingredients	Amounts
<i>Vinaigrette</i>	
Garlic	2 tsp.
Serrano, seeded and minced	1 ea.
Lime juice	¼ cup
Lime, zest of	1 ea.
Lemon juice	3 Tbsp.
Cumin seed, toasted	½ tsp.
Salt	½ tsp.
Cayenne	¼ tsp.
Olive oil	½ cup

Method

1. Combine all the ingredients except for the olive oil in a blender and puree until combined.
2. Add the olive oil while the blender is running to create a creamy dressing.
3. Set aside.

SHERRY VINAIGRETTE

Ingredients	Amounts
<i>Sherry vinaigrette</i>	
Extra-virgin olive oil	½ cup
Sherry vinegar	¼ cup
Lemon juice	2 Tbsp.
Garlic clove, minced	1 ea.
Tarragon, minced	1 Tbsp.
Salt	as needed
Ground black pepper	as needed

Method

1. Combine all the ingredients except for the olive oil in a blender and puree until combined.
2. Add the olive oil while the blender is running to create a creamy dressing.

AVOCADO AND SHERRY VINAIGRETTE

Ingredients	Amounts
Avocado, large, peeled and pitted	1 ea.
Shallot, large, minced	1 Tbsp.
Garlic clove, minced	1 ea.
Dijon mustard	1 ½ Tbsp.
Sherry vinegar	¼ cup
Tarragon, minced	2 tsp.
Italian parsley, minced	1 tsp.
Extra-virgin olive oil	¼ cup
Water	2 Tbsp.
Salt	as needed
Ground black pepper	as needed
Avocados, fresh, halved and sliced	2 ea.

Method

1. In a blender, combine the avocado, shallots, garlic, Dijon, and sherry vinegar and process until smooth.
2. With the motor running, slowly add the oil until thickened and incorporated. Thin with water, if necessary.
3. Transfer the dressing to a bowl and stir in the minced tarragon and parsley. Season to taste with salt and pepper.

ROMESCO MAYONNAISE

Ingredients	Amounts
Pasilla chiles	2 ea.
Almonds, blanched and toasted	1 cup
Garlic, minced	4 ea.
Red bell pepper, roasted, peeled, seeded, and chopped	1 ea.
Tomato, peeled and seeded	1 cup
Red wine vinegar	3 Tbsp.
Salt	1 tsp.
Extra-virgin olive oil	½ cup

Method

1. *For the base:* Soak the chiles in hot water to cover for about 1 hour. Drain, remove the stems and seeds, and cut up into small pieces.
2. Transfer the chiles to a food processor along with the nuts, garlic, roasted pepper, tomatoes, vinegar, and salt. Pulse a few times to make a rough paste. Add the oil and process until combined.
3. *For romesco mayonnaise:* In a small bowl, whisk together about ½ cup of mayonnaise and ½ cup of romesco. Adjust the seasoning, as you may want more salt or a bit more acidity.
4. Use for the burger or keep for other sandwiches.

AVOCADO SALSA VERDE

Yield: 2 Cups

Ingredients	Amounts
Avocado, large, ripe, peeled, seeded, and cut in ½" dice	1 ea.
Tomato, red or yellow, seeded and cut in ¼" dice	1 ea.
Red onion, finely chopped	2 Tbsp.
Serrano chile, seeded and minced	1 tsp.
Garlic, minced	½ tsp.
Lime or lemon juice	1 Tbsp.
Fresh cilantro leaves, chopped	2 Tbsp.
Sugar	large pinch
Salt	as needed
Ground black pepper	as needed

Method

1. Carefully combine all ingredients and refrigerate at least 1 hour before serving to allow the flavors to marry.

SALSA VERDE

Yield: 3 Cups

Ingredients	Amounts
Tomatillos, husked and washed	2 lb.
Jalapeños, stems removed	2 ea.
Garlic cloves, small	3 ea.
Cumin	1 tsp.
Cilantro, woody stems removed, washed, shaken dry	½ cup
Canola oil	1 Tbsp.
Salt	1 Tbsp.

Method

1. Place the tomatillos and jalapeños in a small saucepan. Pour in enough cold water to barely cover. Bring to a boil and cook until the jalapeños are soft and the tomatillos are tender, about 10 minutes.
2. Remove from the heat and let stand for 10 minutes to finish cooking the tomatillos.
3. Drain the tomatillos and jalapeños. Put the tomatillos, jalapeños, garlic, and cumin in a blender jar. Blend a few seconds, just until the tomatillos are coarsely chopped.
4. Add the cilantro and blend until the sauce is smooth and speckled with finely chopped cilantro.
5. Heat the oil in a pan over medium heat. Pour in the contents of the blender. Bring to a simmer and simmer until lightly thickened, about 10 minutes. Season with salt.
6. The sauce can be stored in the refrigerator for up to 3 days.
7. Reheat over low heat before serving.

CHIPOTLE MAYONNAISE

Ingredients

Amounts

Mayonnaise	1 cup
Chipotle en adobo, minced fine	3 Tbsp.
Lime juice	1 Tbsp.
Salt	1 tsp.

Method

1. In a small mixing bowl, combine all the ingredients and whisk together until fully incorporated.
2. Store for up to 2 weeks in a small container.

TOMATILLO SALSA

Yield: 1 Cup

Ingredients	Amounts
Tomatillos, husks removed	4 ea.
Onion, small, chopped	1 ea.
Garlic cloves, minced	1 ea.
Jalapeño trimmed and deseeded	1 ea.
Cilantro leaves, not packed down	¼ cup
Water	¼ cup (or as needed)
Salt	⅛ tsp.
Sugar	⅛ tsp.

Method

1. Place tomatillos, onion, garlic, jalapeño, cilantro, and about ¼ cup water in a blender.
2. Blend until not quite smoothly puréed (a slight chunkiness is one of its charms). Add more water if necessary to produce a light salsa texture. Add a pinch of sugar and season with salt to taste. Serve at once.

Source: This recipe was developed by The Culinary Institute of America as an industry service to Northarvest Bean Growers Association. All rights reserved.

RANCHERO SAUCE

Yield: 6 Portions

Ingredients	Amounts
Vegetable oil	¼ cup
Onion, sliced thinly	1 ea.
Garlic, minced	1 oz.
Red bell pepper, sliced thinly	2 ea.
Tomatoes, chopped	4 ea.
Cumin	1 tsp.
Coriander	½ tsp.
Dried chipotle chiles, soaked chopped	1 ea.
Limes, juice of	6 ea.
Salt	as needed

Method

1. Heat the vegetable oil in a medium sauté pan, and sweat the onions, garlic, and peppers until translucent. Add the chopped tomatoes, cumin, coriander, chipotle chiles, and lime juice, and cook until the sauce thickens.
2. Puree until smooth and season to taste with salt.

Source: This recipe was developed by The Culinary Institute of America as an industry service to Northarvest Bean Growers Association. All rights reserved.

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