

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.