

## Tuscan White Bean Soup

Makes 8 servings or 2 quarts

### Ingredients

- 2 tablespoons extra-virgin olive oil, plus more for serving
- 1 medium onion, finely diced (about 1 cup)
- 2 medium carrots, finely diced (about 1 cup)
- 2 ribs celery, finely diced (about 1 cup)
- 4 cloves garlic, minced on a microplane grater
- 1 quart low-sodium canned chicken broth
- 2 (15-ounce) cans white beans (cannellini or great northern), with their liquid
- 4 6-inch sprigs rosemary, leaves finely chopped and stems reserved
- 2 bay leaves
- 3 to 4 cups roughly chopped kale or swiss chard leaves
- Kosher salt and freshly ground black pepper
- Parmigiano-Reggiano for serving

Heat olive oil in a large saucepan over medium-high heat until shimmering. Add onions, carrots, and celery and cook, stirring frequently, until softened but not browned, about 3 minutes. Add garlic and dried red pepper flakes and cook, stirring constantly until fragrant, about 1 minute. Add chicken broth, beans and their liquid, rosemary stems, and bay leaves. Increase heat to high, and bring to a boil. Reduce to a bare simmer, add kale, cover and cook for 15 minutes. Discard the bay leaves and rosemary stems. Use a hand blender to roughly puree part of the beans until desired consistency is reached.

Alternatively, transfer 2 cups of soup to a blender or food processor and process until smooth (start on low speed and increase to high to prevent blender blow-out). Return to the soup and stir to combine. Season to taste with salt and pepper. Ladle into bowls, sprinkle with reserved chopped rosemary leaves, drizzle with extra-virgin olive oil and a grating of Parmigiano-Reggiano, and serve with crusty toasted bread.

### Balsamic Vinaigrette

- 3 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 garlic clove, minced
- 1/2 cup olive oil
- Salt and freshly ground pepper

In a small bowl, combine the vinegar, mustard, and garlic. Add the oil in a slow steady stream, whisking constantly. Season with salt and pepper to taste.

### Roasted Spaghetti Squash

- 1 spaghetti squash
- Olive oil
- Salt & pepper

Preheat oven to 375\*. Split squash in half lengthways & put face down on a lined sheet pan. Bake in oven for 45-60 min or until flesh is tender. Pull insides of squash out & place in a bowl. Toss with olive oil and salt & pepper.

### Marinara Sauce with Ground Turkey

- 2 cans chopped diced tomatoes
- 3 cloves of garlic, minced
- Olive oil
- Salt & pepper
- 1 lb ground turkey

Brown the turkey in sauce pan with a little olive oil. Once completely browned and cooked, add canned tomatoes. Add garlic, & salt and pepper. Stir. Cover & let simmer on low for 30 min.

Place cooked squash on plate & top with marinara sauce.

### Roasted Red Pepper Hummus

- 1 can garbanzo beans (chickpeas), rinsed
- ½ c Tahini Paste (sesame paste)
- 1 roasted red pepper, peeled & seeded
- 2 cloves of garlic minced
- Olive oil blend, to taste
- Salt & pepper, to taste

Place all ingredients in food processor except oil. Puree. Slowly add olive oil , until you reach your desired consistency.

Eat with crackers & veggies.

### Kale Chips

- 2 bunches of Kale, rinsed and center rib cut out
- Olive oil
- Salt & pepper

Toss Kale with oil and season with salt & pepper. Lay evenly on a lined sheet pan. Bake at 350\* for 10-15 min or until leaves are crisp but not burnt.