

# Greens, Beans and Caramelized Onions

Seriously good kale and white beans are what's for dinner tonight!

The kale and beans sit atop a bed of high-protein quinoa and are served with creamy caramelized onions. The plates are garnished with chopped, fresh tomato and Parmesan cheese.

**Preparation Time: 40 minutes - Serves: 2**

## Organize Your Ingredients!

### Notes on Organizing

I like to prep ingredients in small piles or in bowls so they are easy to add (and more fun to cook!). Prep items in all boxes. You'll prepare a total of 3 C. of onion tonight: 1/2 C. chopped for the Sautéed Greens, and 2-1/2 C. thin-sliced sweet onion for the Caramelized Onions. Prep 2 cloves of chopped garlic: 1 for the Caramelized Onions and 1 for the Sautéed Greens.

### Caramelized Onions

3 tsp. olive oil  
1 clove garlic (smashed and chopped)  
2-1/2 C. sweet onion (thin-sliced)  
1/2 C. white wine  
1 T. rice wine vinegar  
1/2 C. nonfat, plain yogurt (stirred smooth)  
a couple dashes Tabasco

### Garnishes

2 Roma tomatoes (chopped)  
3 T. shredded Parmesan cheese

### Sautéed Greens

1 tsp. olive oil  
1 clove chopped garlic (smashed and chopped)  
1/2 C. onion (chopped)  
3/4 C. low-sodium veggie broth  
2 tsp. low-sodium soy sauce  
2 T. rice wine vinegar

1 bunch lacinato kale (washed, stems discarded and leaves rolled and chopped)

one 15 oz. can Great Northern beans (drained and rinsed)

### First, Cook Some Quinoa!

Place 1 C. quinoa and 2 C. water in a medium-size sauce pan. Bring to a boil, Cover, turn off heat and leave pan on burner.

## Let's Prepare, Cook, and Plate This!

### Basic Instructions

Once you've started the quinoa you're ready to proceed. You'll be caramelizing the onions first. They'll hold nicely as you cook the greens.

### Caramelized Onion

1. Place olive oil, garlic and sliced onion in medium sauté pan and toss over medium-high heat until onions turn brown and begin to char.
2. Add 1/2 of the the measured wine and stir over medium-high heat until liquid totally cooks away.
3. Add the remaining wine and vinegar and return to a boil. As the onions and wine cook, rub the bottom of the pan with a spatula to make sure you bring up the brownings from the pan. When all wine is cooked away, remove from heat. Turn off burner.
4. Just before serving, re-heat onions, mix yogurt and Tabasco and stir into the onions. Toss about 1 minute and remove from heat.

### Sautéed Greens

1. Place oil, garlic, chopped onion, broth, soy sauce and vinegar in a deep, heavy-bottomed pan.
2. Bring to a boil and cook for 3 minutes.
3. Add chopped kale leaves and toss for 4-minutes.
4. Add the beans and continue to toss for another minute. Turn heat to simmer. Leave kale and beans on the burner until you serve.

### Finish and Plate

1. Place 2/3 C. quinoa on each serving plate. Spoon sautéed greens and beans over and around quinoa leaving some of the quinoa visible.
2. Divide the caramelized onions between two ramekins, and place on each plate. Garnish each plate by topping the greens with chopped tomato and shredded Parmesan cheese.

As you begin to dine, tell the diners to spread the onions over the top of the greens.

### What I've Learned from this Recipe

A couple tasty things are happening in this recipe. One is the caramelized onions. When you prepare onions this way, the natural sugars caramelize. This makes your taste buds happy. The naturally occurring glutamates in the tomato finishes bringing all of the flavors forward.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)