

Class 2 – Hypertension

White Bean and Kale Soup

Serves 4

Ingredients:

2 tablespoons olive oil
1 onion, diced small
2 celery stalks, diced small
1 medium carrot, diced small
1 bunch Lacinato or dinosaur kale
4 garlic cloves, minced
1 potato (white, Russet, or Yukon Gold), diced small
2 teaspoons Italian seasoning (or any mixture of dried oregano, thyme, rosemary, basil and/or parsley)
½ teaspoon salt
¼ teaspoon pepper
Pinch red pepper flakes
32 ounces low-sodium vegetable broth
2 – 15.5-ounce cans low-sodium white beans (cannellini, great Northern, navy), drained and rinsed
Juice of 1 lemon

Instructions:

1. Heat oil in a large pot over medium heat. Add onion, celery, carrot and sauté until vegetables have softened slightly, about 5 minutes.
2. Meanwhile, pull the kale leaves from the stems. Thinly slice the stems and roughly chop or rip up the leaves.
3. Add kale stems, garlic, and potato to the pot with the aromatic vegetables and stir well to combine. Cook for another 2-3 minutes.
4. Stir in Italian seasoning, salt, pepper, and red pepper flakes to coat the vegetables with the seasoning.
5. Add vegetable broth to the pot and bring to a boil
6. While the broth is coming to a boil, place ½ cup of the drained and rinsed beans into a bowl and mash into a paste using a fork or spoon.
7. Reduce the soup to a simmer, stir in the beans, mashed beans, and kale leaves.
8. Simmer uncovered for about 15-20 minutes or until the broth has thickened and the kale greens have softened.
9. Ladle into bowls and enjoy! Refrigerate leftovers in an airtight container up to 5 days or freeze for up to 6 months.

Kale Salad with White Bean Vinaigrette

Serves 4

Ingredients:

For the vinaigrette:

Zest and juice of 1 lemon

2 teaspoons Dijon mustard

1 shallot, minced

¼ cup white beans (cannellini, great Northern, navy, or other) reserved from salad

½ cup extra-virgin olive oil

½ teaspoon salt

¼ teaspoon pepper

For the salad:

1-2 bunches Lacinato or dinosaur kale, stems removed and cut into thin ribbons

1 red onion, thinly sliced

2 large carrots, grated

1 - 15-ounce can low-sodium white beans (cannellini, Great Northern, or navy), drained and rinsed, ¼ cup reserved for vinaigrette

Instructions:

For the vinaigrette:

1. Place all ingredients into a blender or a container with high sides, if using an immersion blender. Puree until smooth, taste, and adjust seasoning, if necessary.
2. Refrigerate leftovers in an airtight container for up to 1 week.

For the salad:

1. Place the prepared kale in a large bowl and add about half of the dressing. Using your hands, massage the kale by squeezing and pressing the vinaigrette into the leaves. The kale will become softer in texture. Add more vinaigrette, as needed.
2. Once the kale is softened, mix in onions, carrots, and the remaining white beans.
3. Enjoy and refrigerate any leftovers in an airtight container for up to 3 days.

Nutrition Information

Kale Salad with White Bean Vinaigrette		
Nutrition Facts		
Serving Size	1 x 4 Serving	
Amount Per Serving		
Calories	149.7	
	% Daily Value*	
Total Fat	8 g	10 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	166.8 mg	7 %
Total Carbohydrate	16 g	6 %
Dietary Fiber	5.6 g	20 %
Total Sugars	3.2 g	
Added Sugars	0 g	0 %
Protein	5.1 g	
Vitamin D	0 mcg	0 %
Calcium	145 mg	11 %
Iron	1.9 mg	11 %
Potassium	418.4 mg	9 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>

White Bean and Kale Soup		
Nutrition Facts		
Serving Size	1 x 4 Serving	
Amount Per Serving		
Calories	281.6	
	% Daily Value*	
Total Fat	6 g	8 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	531.8 mg	23 %
Total Carbohydrate	46.7 g	17 %
Dietary Fiber	12.1 g	43 %
Total Sugars	6.9 g	
Added Sugars	0 g	0 %
Protein	12.8 g	
Vitamin D	0 mcg	0 %
Calcium	257.4 mg	20 %
Iron	4.8 mg	27 %
Potassium	990.3 mg	21 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>

Foundations of Culinary Medicine for Healthcare Professionals

Hypertension 03/31/22

White Bean & Kale Soup + Lemony Kale & White Bean Salad

Equipment List:

Blender or immersion blender
Box grater
Can opener
Chef's knife
Cutting board
Dutch oven or soup pot
Fine mesh strainer
Liquid measuring cup
Measuring cups
Measuring spoons
Microplane or zester
Prep bowls
Salad tongs
Scrap bowl
Wooden spoon or spatula
Vegetable peeler
Optional: citrus press

Prep Ahead Suggestions:

- Wash and cube potato
- Dice carrot, celery, and onion
- Prep kale stem and leaves
- Drain and rinse white beans
- Grate carrots for salad
- Mince garlic and shallot
- Pre-measure spices