

GREENS AND BEANS HASH

By: Jaimie Mulligan **Servings:** 4 servings **Time:** 15 minutes **Source:** The Kitchn: Kelli Foster

Swiss Chard is a leafy vegetable that is related to beets. It has crunchy stems that are commonly red, though can also be white or yellow. The leaves range in color from dark green to reddish green. The flavor is like beets and spinach, with slight bitterness, and strong earthy flavor. Swiss chard is an excellent source of potassium, calcium and magnesium, minerals that help maintain healthy blood pressure



Ingredients:

- 3 tablespoons olive oil, divided
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1 teaspoon kosher salt, divided
- 2 teaspoons za'atar or favorite seasoning blend, divided
- 1 medium bunch Swiss chard (about 10 ounces), stems removed and leaves thinly sliced
- 2 cloves garlic, minced
- 1/4 teaspoon red pepper flakes, plus more for serving
- 1 tablespoon freshly squeezed lemon juice
- 4 large eggs, poached or fried

Directions:

1. Heat 2 tablespoons of the oil in a large frying pan over medium-high heat until shimmering. Add the beans, spread into an even layer, and cook undisturbed until the beans are lightly browned on the bottom, 2 to 4 minutes. Add 1/2 teaspoon of the salt and 1 teaspoon of the seasoning and stir to combine. Spread the beans out again and cook, stirring as needed, until golden-brown and blistered on all sides, 3 to 5 minutes more.
2. Add the remaining 1 tablespoon oil to the pan. Add the chard, remaining 1/2 teaspoon salt, remaining 1 teaspoon of seasoning, garlic, and red pepper flakes. Cook, stirring occasionally, until the chard is wilted, 3 to 5 minutes. Remove the pan from the heat, add the lemon juice, and toss to combine.
3. Divide the beans and greens among 4 bowls, and top each with a poached or fried egg and more red pepper flakes. Serve warm.