

White Beans with Za'atar, Dandelion Greens and Eggs



Compared to spinach, one of our present-day “superfoods”, dandelion leaves have eight times more antioxidants, two times more calcium, three times more vitamin A, and five times more vitamin K and vitamin E

Servings: 4
Prep Time: 5 minutes
Cook Time: 15 minutes
Storage: 2-3 days in refrigerator
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Ingredients

- 3 TBSP ghee, divided
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1 teaspoon salt, divided
- Pinch of pepper
- 2 teaspoons za'atar, divided
- 4 cups chopped dandelion greens; thick stems removed (about 1-2 large bunches)
- 1 large leek, white and light green parts only, finely chopped
- 2 cloves garlic, minced
- ¼ teaspoon red pepper flakes, optional
- 4 large eggs
- ¼ cup crumbled feta cheese, optional

Za'atar

- 2 tablespoons dried thyme
- 2 tablespoons sesame seeds, toasted
- 4 tablespoon dried sumac
- 2 tablespoon dried oregano
- 2 tablespoon dried marjoram

Instructions

Heat 2 tablespoons ghee 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 ½ teaspoon of the salt and 1 teaspoon of the za'atar 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.

Add the remaining 1 tablespoon oil to the pan and the leeks and sauté the leeks until tender, about 5 minutes, stirring occasionally.

Add the dandelion greens, remaining ½ teaspoon salt, remaining 1 teaspoon za'atar, garlic, and red pepper flakes. Cook, stirring occasionally, until the dandelion greens are wilted, 3 to 5 minutes.

When the greens are wilted, crack the eggs into the pan on top of the greens. Top with feta cheese and cook uncovered until the whites of the eggs are set, about 3 to 5 minutes.

Note

Combine za'atar ingredients to combine. Store in airtight container in pantry for up to 5 months.

Adapted *The Kitchn* recipe

Chef Chandra

S.O.U.L. Food (*Seasonal/Sustainable, Organic, Unprocessed, and Local*)

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