

SLOPPY JANE'S

by Marissa Schiesser CNP www.ahealthierme.ca

Super Easy

4 servings

Active time: 20 minutes

Total time: 20 minutes

4 slices of spelt or rye bread
1 tbsp extra virgin olive oil
4 tbsp flax oil
1 can Romano beans, rinsed
1 small white onion, sliced
2 cloves garlic, 1 minced
12 fresh basil leaves
a pinch of salt
4 leaves of kale, chopped
1 cup cherry tomatoes, quartered
¼ cup pine nuts
¼ cup kalamata olives, sliced
1 pinch of Himalayan Crystal Salt



- In a large skillet heat olive oil on low/medium.
- Add onions to the pan and sauté for 5 minutes.
- Add beans, garlic and kale to the pan, stir and put a lid on it for 2-3 minutes.
- While that cooks put pine nuts in a dry pan and toast on low/medium for a couple minutes. While keeping an eye on the pine nuts toast the spelt bread and rub half a piece of garlic on the toast.
- Place each slice of toast on plates.
- Take pine nuts off heat when they are lightly browned.
- Stir a pinch of **Himalayan Crystal Salt**, basil leaves, tomatoes and olives into the beans. Let cook for one minute.
- Spoon bean mixture over toast and top with pine nuts and drizzle 1 tbsp of flax oil on each piece serving.

©Marissa Schiesser CNP www.ahealthierme.ca



A Healthier Me.

