

doctor khalid noori's kale, cannellini bean, soy sauce and sesame oil side



serves 4

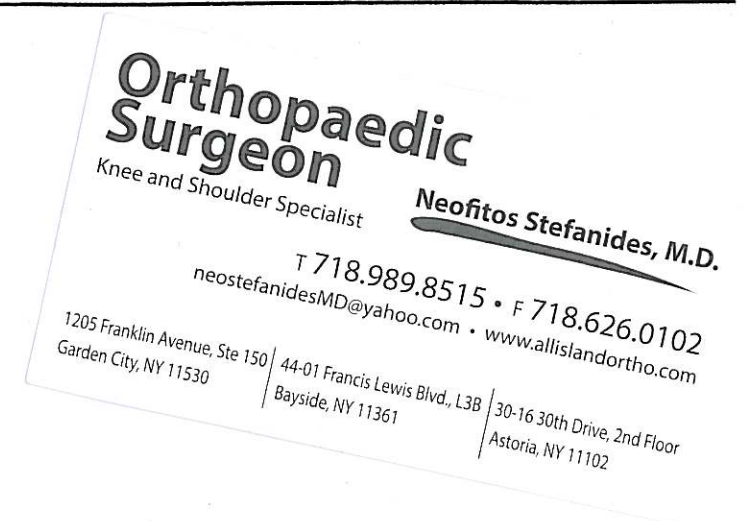
ingredients:

1 cup cannellini beans
8 kale leaves, shredded
2 tablespoons sesame oil
2 tablespoons soy sauce
1 teaspoon mustard
juice of 1/2 a lemon

Soak beans overnight. Then cook them 1 hour. Drain water. Add 2 cups more water. Bring to a boil. Lower heat and cook with sesame oil another 15 minutes. Add kale. Cook an additional 10 minutes. Allow to cool and add soy sauce, mustard and lemon juice. Serve at room temperature.



doctor stefanides makes a scrumptious tuna and cannellini bean salad



serves 4

ingredients:

1 can tuna in olive oil
1 cup cooked cannellini beans
10 leaves of arugula, shredded
1 medium red onion, chopped
1 tablespoon of lime juice
2 tablespoon capers

Mix together shredded arugula, tuna, beans, red onion, capers and lime juice. Chill 15 minutes and serve with fresh, crusty bread.

