

Sunny-side Up Egg with White Beans

Prep Time: 1

Howard Hanna, chef/owner of The Rieger Hotel Grill & Exchange accepted Harvester's 2012 annual Chef's Challenge to create a recipe made with no more than 5 (main) ingredients and prepared in 30 minutes. We adapted it by adding spinach for additional nutrients. This simple dish is of European heritage. There beans are a popular breakfast item, for good reason: they're loaded with protein, and studies show that a high-protein breakfast increases satiety and reduces hunger throughout the day.

- 1 Tablespoon olive oil
- 3 slices turkey bacon, sliced crosswise into roughly 1/4 inch strips
- 3 garlic cloves, thinly sliced
- 2 cups fresh spinach-packed, coarsely chopped
- 2 (15.5 oz) cans Great Northern beans, drained and rinsed
- 3 Tablespoons water
- 1/4 teaspoon pepper
- 2 Tablespoons olive oil
- 6 eggs
- 1/4 cup grated parmesan cheese

In a medium saucepan over medium heat, add 1 Tablespoon olive oil and the sliced bacon. Cook, stirring often, until the bacon is just beginning to crisp, about 2 minutes. Add thinly sliced garlic and cook until it is light brown, about 1 1/2 minutes. Add coarsely chopped spinach and cook until it is all wilted, about 2 minutes. Add the rinsed beans and increase heat to high. Add about 3 Tablespoons of water to adjust consistency and stir until simmering. Add black pepper to taste (the dish should be on the spicy side), then reduce heat to low.

In a non-stick pan on medium-high heat, add the remaining 2 Tablespoons of olive oil, then crack in the eggs. Baste the eggs with the oil and season with pepper. Cook until the whites are set but the yolks are still runny.

While the eggs are cooking, add the parmesan to the beans. Mix well and divide the beans into 6 soup bowls. When the eggs are cooked, top each bowl with an egg. Drizzle the eggs with the olive oil left from the pan they were cooked in and serve.

Serves 6

Calories 357; Fat 16g; Protein 22g; Carbohydrate 32g; Fiber 7g; Sodium 327mg.

NOTES: _____

Total Cost: \$6.39

Cost Per Serving (6): \$1.07

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