



PREP TIME

**30min**



COOK

TIME

**5min**

# Cheesy Bean and Kale Bake

## INGREDIENTS

- 1 cup TOSTITOS® Original Restaurant Style crushed
- 1 tbsp olive oil
- 3 garlic cloves, minced
- 1/2 tsp red pepper flakes
- 220 g kale, torn and tough ribs removed
- 1/4 cup water
- 2 (425 g) cans **no salt added cannellini beans, drained and rinsed**
- 1/4 cup **part** skim ricotta cheese
- 1/3 cup **grated** Parmesan cheese

## FEATURING



## HOW TO MAKE

### DIRECTIONS

- Preheat oven to 350°F.
- In a large (11 or 12 inch) ovenproof skillet, heat olive oil over medium heat.
- Add garlic and red pepper flakes, sauté 1 minute.
- Mix in kale and water; sauté 3 – 4 minutes or until kale starts to wilt a bit.
- Turn off heat.
- Mix in beans, ricotta, half of the Parmesan cheese (1/6 cup) and half of the crushed TOSTITOS® Restaurant Style Tortilla Chips.
- Turn off heat.
- In a small bowl, mix together remaining Parmesan cheese and crushed TOSTITOS® Restaurant Style Tortilla Chips.
- Serve warm.