

# Cheesy Bean and Kale Bake

## Ingredients

- 1 cup crushed TOSTITOS® Original Restaurant Style
- 1 tablespoon Olive oil
- 3 Garlic cloves, minced
- 1/2 teaspoon Red pepper flakes
- 220g 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

## How to make it

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



PREP  
TIME  
30 min



COOK  
TIME  
5 min



TOTAL  
TIME  
-



SERVING  
-

## Made with