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WHITE BEAN EGG BAKE

+ DAIRY-FREE, GLUTEN-FREE, LOW-INFLAMMATION, VEGETARIAN, BETTER SKIN

JODI MORENO

This recipe is what a lazy meal looks like to Jodi Moreno, the cookbook author, natural foods chef, and writer behind the acclaimed *What's Cooking Good-Looking* blog. "There's an undeniable connection between health, beauty, well-being, and the food that we eat," she says. "Ingredients not only taste better when they are in their purest form, but they are also the best for you." True story: Jody has been known to eat some of this egg bake for lunch, most of it for dinner, and finish it off the next day with a spoonful of chimichurri. Easy and delicious!

Serves 2 to 4

4 tablespoons extra-virgin olive oil
2 large handfuls of Swiss chard or spinach (about 3 ounces)
1 (15-ounce) can cannellini beans, drained and rinsed (or see Tip)
1 pint cherry tomatoes, halved
1 teaspoon paprika
½ teaspoon sea salt
1 teaspoon ground sumac (optional)
Freshly ground black pepper
4 large eggs

TOPPINGS

¼ cup mixed chopped fresh herbs, such as parsley, basil, or cilantro
1 or 2 scallions, sliced
¼ cup almonds, toasted (optional)

Tip: You can substitute 1½ cups cooked beans, if you prefer using dried (start with ½ cup dried beans to get about 1½ cups cooked). Chickpeas or black beans also taste just as delicious in the bake.

1. Place a medium cast-iron skillet in a cold oven and preheat the oven to 425°F.
2. In a large bowl, combine 3 tablespoons of the olive oil, the chard, beans, tomatoes, paprika, salt, sumac (if using), and pepper to taste. Toss to combine.
3. Remove the hot skillet from the oven and add the bean mixture. Shake to evenly distribute the mixture in the pan. Bake for about 15 minutes, until the chard has wilted and the tomatoes and beans are bubbling.
4. Transfer the skillet to the stovetop over medium-low heat. Using a spoon, make four wells in the mixture, then carefully break an egg into each. Cover the pan and cook for 5 to 10 minutes, until the egg whites are set but the yolks are still a bit runny.
5. Remove the skillet from the heat, top the bake with the herbs, scallions, and almonds, if desired. Serve immediately, or let cool completely, then transfer to a glass container and store in the refrigerator for 1 to 2 days.

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