



Sautéed Escarole with Lemon, Toasted Panko Bread Crumbs and Pine Nuts

prep time:
5 minutes

cook time:
5 minutes

makes 4 servings

grocery list

Kikkoman Panko Bread Crumbs

4 oz. Parmigiano-Reggiano

ShopRite butter

ShopRite organic olive oil

garlic

pine nuts

Simply Organic Crushed Red Pepper Flakes

vegetable broth

lemons

escarole

kosher salt

sautéed escarole with lemon, toasted panko bread crumbs and pine nuts

- 1 cup **Kikkoman Panko Bread Crumbs**
- 4 oz. freshly grated Parmigiano-Reggiano ($\frac{1}{2}$ cup)
- 2 tbsp. **ShopRite butter**, melted
- 2 tbsp. **ShopRite organic olive oil**
- 4 garlic cloves, minced
- $\frac{1}{4}$ cup pine nuts
- $\frac{1}{2}$ tsp. **Simply Organic Crushed Red Pepper Flakes**
- $\frac{1}{2}$ cup vegetable broth
- 1 tbsp. lemon juice
- 1 lb. escarole, coarsely chopped (about 2 heads)
- $\frac{1}{2}$ tsp. kosher salt
- Lemon slices (optional)

1. Preheat oven to 350°F. Combine panko, Parmigiano-Reggiano and melted butter in small bowl. Spread evenly onto baking sheet lined with parchment paper. Bake 10 minutes or until golden brown. Remove; set aside.
2. Heat oil in large sauté pan over medium-high heat. Add garlic, pine nuts and red pepper flakes; sauté 2 minutes or until nuts and garlic are golden brown, stirring constantly.
3. Increase the heat to high and add broth, lemon juice and escarole; cook 3 minutes or until wilted; stir in salt. Using tongs, transfer escarole to serving platter and top with panko-cheese topping. Serve with lemon slices, if desired.

Per Serving: 360 calories, 18g carbohydrate, 15g protein, 26g fat, 10g saturated fat, 5g fiber, 35mg cholesterol, 800mg sodium

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kitchen tools

measuring utensils
cheese grater
chef's knife
cutting board
small bowl
wooden spoon
baking sheet
parchment paper
large sauté pan
tongs
serving platter

recipe note

Be sure to wash and completely dry the escarole leaves before sautéing them in the infused olive oil.

a good idea

Sautéing escarole in a mix of olive oil and vegetable broth softens the slightly bitter flavor of this green.

