



Makes 8 Pieces
Cook Time: 25 minutes

INGREDIENTS:

1 bunch kale
1 loaf fresh 100% whole-grain bread, sliced
½ cup [Cannellini Bean Sauce](#)
1 cup grape tomatoes, halved
balsamic glaze

Kale Bruschetta

We adore this as an appetizer, and so does everyone else. It is always the first empty platter at our holiday party. No one knows it is plant-based; they just know it is so yummy.

From *The Prevent and Reverse Heart Disease Cookbook*

This kale bruschetta recipe is also available in our convenient [iPhone app](#) and newly released [Android app](#).

By Ann Crile Esselstyn, M.Ed., and Jane Esselstyn, R.N.

- 1 Place the kale leaves in a large pot of boiling water. Cover and cook until tender, about 5 minutes. Drain in a colander, then squeeze out any extra liquid with your hands (you don't want soggy bread).
- 2 Toast 8 pieces of bread, and place them on a handsome serving platter.
- 3 Spread a tablespoon of the Cannellini Bean Sauce on the toasted bread, then cover with a layer of kale and top with a scattering of grape tomatoes. Drizzle generously with the balsamic glaze, and grab one for yourself before they all disappear.