



# READ<sup>®</sup>

## 3-BEAN OMELET SANDWICH

**SERVES:** 4 SERVING | **PREP & COOK TIME:** 35 MINUTES

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### INGREDIENTS

- 1 can (15 ounces) READ 3 Bean Salad
- 4 teaspoons canola oil, divided
- 4 large eggs
- 1 teaspoon freshly ground pepper, divided
- 1/2 teaspoon salt, divided, optional
- 2 cups baby kale
- 3/4 cup ricotta cheese, divided
- 8 thick slices multigrain bread
- 1 avocado, sliced

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### INSTRUCTIONS

1. Drain bean salad. Discard liquid.
2. Heat medium nonstick pan over medium heat. Add 1 teaspoon of the canola oil; swirl to coat.

3. In small bowl, beat 1 egg. Add 1/4 of drained bean salad, 1/4 teaspoon pepper, and 1/8 teaspoon salt, if desired. Add egg mixture to pan; cook 1 minute, covered. Remove lid; cook additional 2 minutes or until egg is set. Remove omelet from pan; set aside. Repeat Step 2 for remaining 3 omelets. Keep warm.
  4. Add kale to pan; cook 3 minutes or until slightly wilted. Let kale cool slightly.
  5. Evenly spread 1-1/2 tablespoons ricotta cheese over one side of each bread slice. Top four slices with kale, omelet, and 3 slices avocado. Top sandwiches with remaining bread slices, ricotta side down.
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