

Roasted Garlic White Bean & Kale Flatbread: A Healthy and Easy Lunch or Snack

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OVEN
400°F

TIME
35 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 flatbread or naan
1/2 cup canned white beans (like cannellini),
drained and rinsed
1/2 tsp lemon juice
1 tbsp olive oil, divided
1 small head garlic
1 cup chopped kale (stems removed)
1/4 cup shredded mozzarella or crumbled feta
Salt & black pepper, to taste
Optional: red pepper flakes, lemon zest

Swaps and Notes:

Flatbread/Naan: You can use any kind of flatbread, pita, or even a pre-made pizza crust for this recipe. Naan gives it a nice, chewy texture.

White Beans: Cannellini beans are great here, but you could also use navy beans or great northern beans. Chickpeas would also work well in a pinch.

Kale: Feel free to swap kale with spinach or Swiss chard. Just be aware that spinach will wilt faster, so it will need less time in the pan.

Cheese: Shredded mozzarella melts beautifully, but crumbled feta adds a nice salty and tangy flavor that pairs wonderfully with the roasted garlic. Goat cheese or a sprinkle of Parmesan would also be excellent choices.

Spice: If you like a little heat, don't skip the red pepper flakes. They add a perfect little kick that cuts through the richness.

Directions:

Roast the Garlic: Preheat your oven to 400°F (200°C). Slice the top off a small head of garlic to expose the cloves. Drizzle the cut side with about 1/2 tablespoon of olive oil. Wrap the entire head in aluminum foil and place it on a baking sheet. Roast for 30-35 minutes, or until the cloves are soft and golden brown. Let it cool slightly, then squeeze the soft cloves out of their skins.

Sauté the Kale: While the garlic is roasting, heat the remaining 1/2 tablespoon of olive oil in a skillet over medium heat. Add the chopped kale and a pinch of salt. Sauté for 3-4 minutes, or until the kale has wilted down.

Make the White Bean Spread: In a small bowl, combine the drained white beans, 2-3 cloves of the roasted garlic, and the lemon juice. Mash with a fork until you have a coarse spread. Season with salt and pepper to taste.

Assemble the Flatbread: Spread the white bean mixture evenly over your flatbread or naan. Top with the sautéed kale and a sprinkle of your shredded cheese or crumbled feta. If you'd like, add a few more roasted garlic cloves on top for extra flavor.

Bake: Place the assembled flatbread directly on the baking sheet and bake at 400°F (200°C) for 8-10 minutes, or until the cheese is melted and bubbly and the edges of the flatbread are crisp.

Serve: Carefully remove the flatbread from the oven. Finish with an extra drizzle of olive oil, a sprinkle of red pepper flakes, or a little lemon zest for a bright finish. Slice and enjoy warm.

Tips for Success:

Roast in Advance: You can roast a few heads of garlic at once and store the cloves in the fridge for up to a week in a small jar with olive oil.

This makes this flatbread an even faster meal.

Don't Over-Wilt the Kale: You only need to cook the kale until it wilts and turns a vibrant green.

Overcooking it can make it tough and bitter.

Use a Baking Stone: If you have one, a pizza or baking stone can give the flatbread an even crispier bottom crust. Just be sure to preheat the stone along with the oven.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: Approx. 340

Protein: 15g

Fat: 18g

Carbohydrates: 30g

Storage and Leftover Tips:

More Recipes You Will Love:

Final Thoughts:

DIRECTIONS

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9. **Use a : Baking Stone:** If you have one, a pizza or baking stone can give the flatbread an even crispier bottom crust. Just be sure to preheat the stone along with the oven.
10. **Serving Suggestions and Pairings:** This flatbread is delicious on its own, but it's also great as part of a larger meal. Serve it alongside a fresh green salad or a bowl of your favorite soup. For a great appetizer, you could pair it with my [This Baked Brie Appetizer](#) is My Favorite Effortless Way to Impress Guests for an elegant spread.
11. **Nutritional Information (Per Serving):** Please note: This is an approximation and can vary based on the specific ingredients used and portion size.
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16. This is a fantastic option for a healthy, balanced meal. It provides a good dose of fiber from the beans and kale, as well as protein and healthy fats.
17. **Storage and Leftover Tips:** This flatbread is best enjoyed fresh from the oven, but if you have leftovers, you can store them in an airtight container in the fridge for a day. To reheat, I recommend popping it back in the oven or an air fryer at 350°F (175°C) for a few minutes to crisp it back up.
18. **More Recipes You Will Love:** If you're a fan of quick, easy, and flavorful meals, you'll want to check out some of these other recipes. For a comforting and cozy dinner, you can't go wrong with my [These Chicken Enchiladas](#) are My Go-To for Cozy Crowd-Pleasing Dinners. If you're looking for an impressive party starter, my [This Beer Cheese Dip](#) is My Favorite Party Starter That Disappears in Minutes is always a huge hit. And for a simple weeknight shortcut, my [This Dorito Casserole](#) is My Favorite Weeknight Dinner Shortcut is a lifesaver.
19. **Final Thoughts:** This Roasted Garlic White Bean & Kale Flatbread is one of those recipes that truly delivers on all fronts: flavor, health, and simplicity. It's a great reminder that some of the best meals are made from the simplest ingredients.
20. I hope you give this flatbread a try and that it becomes a new favorite in your home. What are your go-to flatbread toppings? I'd love to hear your ideas in the comments below! And don't forget to follow me for more recipes that make cooking easy and delicious.

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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