



Greens and Beans

Prep Time: 5 min Cook Time: 10 min Servings: 4

Ingredients:

- 1 (15oz) can of Cannellini beans
- 2 cups of chopped greens, packed
- 1 Tbsp olive oil
- 2 cloves of garlic, minced
- ½ lemon (or one tsp vinegar for acidity)
- ½ tsp salt
- 1 tsp pepper

Instructions:

1. Chop greens, mince garlic. Heat a pan over medium heat with olive oil. Add garlic and greens and sauté for 3-5 minutes.
2. Drain and rinse the beans in a strainer.
3. Juice lemon and add to greens. Keep sautéing until wilted.
4. Add beans to pan and stir occasionally until soft and warm - about 5 minutes.
5. Remove from heat, add salt and pepper.

You can use black, navy, or garbanzo beans!

You can also use kale, swiss chard, spinach, or even beet or radish tops!

