



Beans and Greens

Preparation time: 10 minutes | **Cook time:** 20 minutes | **Cost:** \$2.75

Ingredients:

- 1 teaspoon **oil**
- 1 cup **onion**, chopped
- 3 **garlic cloves**, chopped
- 6 cups **kale or collard greens**, chopped
- 1 (15 ounce) can **white beans**, drained and rinsed
- 1 cup low-sodium **chicken broth**
- 1 tablespoon **lemon juice** or **apple cider vinegar**
- ½ teaspoon **black pepper** or **red pepper flakes**
- ¼ cup **parmesan cheese** (optional)

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic. Cook for 3 minutes.
3. Add half of the greens. Cook for 2 minutes.
4. Add the rest of the greens, white beans and chicken broth. Cover pot with a lid. Cook for 15 minutes.
5. Before serving, add lemon juice or apple cider vinegar. Top with pepper and parmesan cheese, if using.

Makes 4 servings



Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 25g	9%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 117mg	10%
Iron 2mg	10%
Potassium 544mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.