

Sauteed Greens and White Beans

Ingredients:

- 1 large bunch of greens (consider using kale, collard greens, swiss chard, turnip greens, spinach, beet greens, or your favorite green leafy vegetable)
- 1 15 oz can of cannellini beans (or your favorite white bean), drained and rinsed
- 3 cloves of garlic
- 3 Tablespoons of oil (any kind)
- 1 teaspoon of vinegar (any kind)
- 1 cup of water or broth

Directions:

- 1) Wash the greens thoroughly. For greens like kale or swiss chard, consider removing the large center stalk, if that is your preference. Cut the leaves into bite-sized pieces, about 1/2 inch wide and an inch or two long.
- 2) Remove the papery skin from the garlic and mince finely.
- 3) Heat 3 Tablespoons of oil in a large, non-stick skillet over medium heat. Add the minced garlic and stir regularly until the garlic is pale golden.
- 4) Add greens by the handful, stirring to coat with oil. Add 1 cup of water or broth. Cover and simmer for 2-15 minutes, or until greens are just tender.
- 5) Add beans to the pan, stir, and simmer uncovered until the beans are warm
- 6) Add 1 teaspoon of vinegar, stir, and allow to simmer for 1-2 more minutes

Recipe adapted from: <https://www.epicurious.com/recipes/food/views/sauteed-greens-with-cannellini-beans-and-garlic-241906>

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Serves 4

Delicious hot or cold!

*Add red pepper flakes, salt
and pepper to your taste*

**Consider serving over rice,
pasta, or your favorite grain
Delicious with tomato sauce,
or fresh/canned tomatoes!!**

