

# Sauteed Greens with White Beans and Garlic

**Serves 6 to 8**

Fresh greens combine with pantry classics of olive oil, crushed red pepper and canned cannellini beans in this simple, nutritious side dish that pairs well with hearty entrées. This dish can be made with a mix of your favorite greens such as spinach, mustard greens, curly endive, escarole, kale and broccoli rabe.

## **Nutrition**

Per serving (about 9oz/259g-wt.): 230 calories (45 from fat), 5g total fat, 0.5g saturated fat, 0mg cholesterol, 135mg sodium, 35g total carbohydrate (11g dietary fiber, 1g sugar), 13g protein

## **Ingredients**

2 tablespoons extra-virgin olive oil  
3 to 4 cloves garlic, thinly sliced  
1/4 teaspoon crushed red pepper flakes (optional)  
1 1/2 pounds mixed greens, trimmed and roughly chopped, such as escarole, curly endive, mustard greens, spinach, kale or broccoli rabe  
1 cup low-sodium chicken or vegetable broth  
2 (15-ounce) cans no-salt-added cannellini or other white beans, rinsed and drained  
1/4 teaspoon sea salt  
1/4 teaspoon ground black pepper

## **Directions**

Heat oil in a large skillet over medium heat. Add garlic and pepper flakes and cook, stirring often, until golden brown, about 5 minutes. Add greens (in batches, if needed), and cook, tossing often, until wilted and bright green, 3 to 4 minutes. Transfer to a colander as done and drain well. Return skillet to heat.

Add broth to skillet and deglaze, scraping up any browned bits. Add beans and simmer until hot throughout, 2 to 3 minutes. Return greens to skillet, toss gently and season with salt and pepper.