

Collard Greens and Cannellini Beans

Yield: 4 servings

Ingredients

1 tablespoon grapeseed or olive oil
1 bunch collard greens, stems removed and chopped
1 shallot, sliced, or ½ onion, sliced
2 to 3 tablespoons lemon juice (1 large or 2 small lemons)
¼ teaspoon garlic powder
Salt and pepper to taste
2 small heirloom tomatoes, sliced or diced
1½ cups cooked or 1 can (15 ounces.)
cannellini beans, drained and rinsed

Instructions

1. Heat oil in a large wok or saute pan over medium heat; add shallots and saute 4 minutes or so, just until softened.
2. Add collards, lemon juice, garlic powder, salt and pepper. Cook another 4 minutes.
3. Add tomatoes and beans; cook, stirring occasionally, until collards are lightly wilted or until beans and tomatoes are heated through. Ending cooking time will vary depending on how soft you like your collards.

Serve in individual bowls. Top with a squeeze of lemon and lemon-pepper seasoning if on hand.

Nutrition Information

Serving Size: 1 serving

Calories: 162
Total Fat: 5 g
Saturated Fat: 0.6 g
Monounsaturated Fat: 2.5 g
Polyunsaturated Fat: 0.6 g
Sodium: 53.7 mg
Total Carbohydrate: 23.8 g
Dietary Fiber: 9.4 g
Sugars: 3.6 g
Protein: 8.8 g

Source: The Simple Veganista



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