

Beans and Greens

Dark greens like collards, kale, swiss chard and spinach are nutrient rich, providing vitamins A, C and K, folate, potassium, magnesium, calcium, iron, lutein and fiber.

- 1 onion diced
- 4 cloves garlic, minced
- 1/2 jalapeño, seeded and minced
- 1/2 lb. lean sausage
- 4 cups cooked pinto beans (or canned beans, drained and rinsed)
- 1 bunch collard or turnip greens, chopped
- 1 (14-oz.) can whole tomatoes, half drained, coarsely chopped
- 1 1/2 cups low-sodium chicken broth
- 1 tablespoon olive oil
- 4-5 sprigs fresh cilantro, chopped
- 1/2 cup cilantro or parsley, finely chopped

1. Heat oil in a large skillet. Sauté onion for 3 minutes
2. Add garlic and jalapeño and sauté until soft, another 5 minutes.
3. Add sausage and cook until it is lightly browned, about 5 minutes on each side. Remove sausage from pan, cut into rounds and place back into pan.
4. Add broth, beans, tomatoes and greens to sausage in pan. Cook at a gentle simmer so that flavors have a chance to meld, making sure greens are still nice and green, about 15 minutes.
5. Remove from heat and add cilantro.
6. Can be served with cornbread or brown rice for a complete meal

Servings:	6
Serving Size:	1/6 recipe
Calories	296
Total Fat	6g
Saturated Fat	1g
Cholesterol	30mg
Sodium	419mg
Total Fiber	13g
Protein	21g
Carbohydrates	39g
Potassium	895mg