



# Greens with White Beans

4-6 servings

## INGREDIENTS

- 1 15oz cans white beans
- 2 bunches collard greens, swiss chard, or kale, washed, stems removed, and roughly chopped
- 1 onion, chopped
- 2 tsp salt
- 1 tsp pepper
- 2 garlic cloves, minced
- 4 Tbsp oil
- Optional : 3 Tbsp parmesan cheese

## 1. DIRECTIONS

1. Cook onions and garlic in oil at medium-low heat for about 5 minutes.
2. Add greens and cook until they are tender, wilted, and bright green.
3. Add drained beans to onion and greens. Cook until warmed through, 5–10 minutes. Add more oil if necessary.
4. Spoon the beans and greens into bowls, and garnish with the parmesan. Serve immediately and enjoy!



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