



Greens with White Beans

4-6 servings

INGREDIENTS

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

1. DIRECTIONS

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



Vermont
Foodbank
VT Fresh

Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



Greens with White Beans

4-6 servings

INGREDIENTS

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

1. DIRECTIONS

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



Vermont
Foodbank
VT Fresh

Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.