

Braised Greens and Beans

After braising greens, this is just one way to enjoy them.
Adding a starchy bean evens out the strong, leafy flavor of the greens
and makes for a hearty and healthy meal.

Braised Greens and White Beans

- 1 tablespoon extra-virgin olive oil
- 3 to 4 cloves garlic, thinly sliced
- 1 ½ pounds mixed greens, trimmed and chopped (see preparation method on back)
- ½ cup chicken or vegetable broth
- 2 (15-ounce) cans no-salt-added cannellini or other white beans, rinsed and drained
- ¼ cup parmesan or Romano cheese
- Salt and pepper to taste

After preparing greens, transfer them to a colander to drain.

Add oil and garlic to pan and sauté for 2-3 minutes.

Add greens back into skillet.

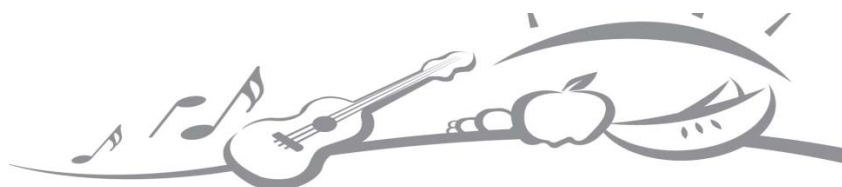
Add chicken or vegetable broth, beans, and salt and pepper.

Simmer for about 5 minutes or until broth begins to thicken slightly.

Add cheese, stir well and enjoy.

Shop this recipe at the market:

Various greens: Clarion River Organics or Harvest Valley Farms



How To: Prepare and Cook Greens

Greens such as Kale, Swiss Chard, Mustard Greens and Collards can be intimidating to purchase if you don't know what to do with them. Braising is a quick way to soften the greens and remove the bitterness. Once prepared, this healthy, delicious, and inexpensive ingredient can be tossed with dressing, added to various chicken or fish dishes or mixed with beans.

Preparation:

Rinse greens well to remove any dirt caught between the leaves and stems.

Cut stems and any thick ribs away from greens. (Stems can be chopped finely and sautéed along with greens if you wish; just add them before the greens, as they take longer to cook).

Once stems are removed, stack leaves on top of one another and cut into 1-inch thick strips.

Cooking:

In a large skillet heat 2-3 tablespoons of olive oil.

Add the greens to the skillet and cook 3-4 minutes, tossing often, until wilted and bright green.

Don't worry if the greens pile over the top of the skillet; they will cook down considerably.

After cooking, drain liquid from greens.

At this point, greens can be eaten as is, with a little salt & pepper, or added to almost anything.

