

Your Name: _____

Your Duty: _____

Period: _____

Kitchen #: _____

“Greens & Beans”

A CLASSIC Italian Dish!

INGREDIENTS:

A few bunches of fresh **Kale** , **Collard Greens** , **Swiss Chard**, or *any greens!* - washed, de-stemmed & coarsely chopped; OR 1-2 packages of frozen **Spinach**, thawed & excess water squeezed out

LOTS of fresh **garlic** ! (at least 5-6 cloves, depending upon how many greens you have)

about 1 cup **bone broth**, (chicken or beef broth, made from simmering the bones), more or less

Sea Salt & freshly ground **4 Peppercorn blend**, to taste

½ - 1 can **white beans** (Canellini or Navy Beans)

¼ - ½ cup **Extra Virgin Olive Oil**

Parmesan Cheese, Grated (optional)

UTENSILS needed:

Skillet

Chef's knife

Turner spatula

DIRECTIONS to make:

1. Chop garlic roughly with a chef's knife.
2. Put a large skillet on medium heat. Add some of the broth to the skillet.
3. Add the chopped garlic to the skillet. Cook & stir for a couple of minutes.
4. Add the washed, de-stemmed & chopped greens to the skillet along with the rest of the broth. You may need to add more broth as it cooks.... It should be enough to steam the raw greens until soft & tender. Be sure to keep a lid on the skillet. Stir occasionally to ensure all the greens get sautéed! (*If using frozen spinach or other frozen greens, you do not need the full cup of broth, & you do not need to put the lid on the skillet*).
5. Add a generous amount of sea salt & freshly ground pepper (*you will need more than you think to help bring out the flavor*).
6. Add white beans & stir to heat through.
7. Turn off the heat, drizzle the extra virgin olive oil over the greens & stir it in.
8. Sprinkle Parmesan Cheese over greens, if desired.

YUM!

FOOD GROUPS in this dish! :

Vegetable Group (greens)

Protein Group (beans & bone broth)

Good Fats (EVOO)

NUTRIENTS in this dish! :

Vitamin C, Calcium, Vitamin A,

Fiber, Iron & other minerals, Protein, good fat!