Escarole and Beans

Ingredients:

1. Tablespoon olive oil
2. large cloves garlic, minced
3. bunch escarole (1 pound)
4. ¼ cup reduced sodium chicken broth
5. can (15 oz) cannellini beans, rinsed and drained

Directions:

1. Separate leaves of escarole, wash and chop. Set aside.
2. Cook garlic in olive oil over low heat for about one minute. Do not brown.
3. Add chopped escarole and cannellini beans. Stir for 2 minutes.
4. Add broth and simmer, covered, about 10 minutes until escarole is tender-crisp.

Yields about 3 servings.

Source: Recipe from Broome County CCE

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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