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Greens and Beans

Ingredients

2 heads escarole (or 6 cups Swiss chard)

⅛ tsp salt

2 cups marinara sauce

1 (15½-ounce) can cannellini beans

2 Tablespoons parmesan cheese, grated

Makes 8 servings

Instructions

1. Remove core from escarole, rinse well and tear, or cut leaves in half. Drop leaves, handfuls at a time, into salted, boiling water until leaves are wilted. Drain with slotted spoon and place in large pot.
2. Add marinara sauce and beans. Simmer until escarole is cooked to desired tenderness.
3. Sprinkle with parmesan cheese and serve hot.

Notes:

- Serve over cooked pasta and garnish with grated cheese.
- Substitute any bean of your choice in place of cannellini beans.
- Rinse beans if so desired.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 8

Amount Per Serving	
Calories 130	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 490mg	**20%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 8g	**32%**
Sugars 7g	
Protein 7g	

Vitamin A 70% • Vitamin C 15%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

17% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. October 2009

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