



Healthy Recipe



BEANS & GREENS

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|--------|---|--------|--|
| 1 | bunch of RI-grown greens, such as Swiss chard, collard greens, mustard greens or kale, washed and cut into 1" strips | 2 tbsp | chopped garlic (3 cloves) |
| | | 1 | 14.5 oz can cannellini beans, drained and rinsed |
| 1 tbsp | olive oil | 1 tsp | red pepper flakes |

1. Warm oil in large skillet. Add garlic and greens, cover and let wilt for 5-10 minutes over medium heat. Stir occasionally.
2. Remove cover; add beans and red pepper flakes. Stir to combine and heat through. Add salt and pepper to taste.

Serving Suggestions: Serve alone, over brown rice, or with whole grain pasta. For an appetizer, spoon over warm whole grain bread.

Nutritional Information

Per serving (4 servings in recipe):

Calories:	180	Vitamin A:	170%
Cal from Fat:	40	Vitamin C:	80%
Total Fat:	4 g	Calcium:	20%
Saturated Fat:	.5 g	Iron:	45%
Cholesterol:	0 mg		
Sodium:	432 mg		
Carbohydrates:	28 g		
Fiber:	10 g		
Sugar:	1 g		
Protein:	10 g		

Percent Daily Values are based on a
2000 calorie-per-day diet

**GET FRESH.
BUY LOCAL.**

Your purchase of
RI grown and raised foods

SUPPORTS
the local economy,

HELPS
to preserve open space

and **CONTRIBUTES**
to a
sustainable food system.

Please visit us at
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