

Spinach and Beans

(Serves 6)



Ingredients:

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 minced garlic cloves
- 3 1/2 cups cooked great northern beans (from canned or dried)
- 6 cups fresh spinach, stems removed
- 1 tablespoon vinegar
- Salt and pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion, cook 2 minutes, stirring often.
3. Add garlic, cook 1 minute.
4. Add beans and cook until hot, about 3 minutes.
5. Add spinach and vinegar (add spinach in small batches), stirring often until spinach is wilted, about 3 minutes.
6. Season with salt and pepper and serve.
7. Refrigerate leftovers.

Each Serving Provides

230 Calories, 5g Total Fat, 0.5g Saturated Fat, 390mg Sodium,
36g Total Carbohydrates, 9g Dietary Fiber, 12g Protein



Helpful Hints

Selection: Choose spinach with crisp, dark leaves.

Storage: Refrigerate for up to 3 days.

Preparation: Rinse leaves well to remove dirt.

Nutrition: Spinach contains vitamin A which is good for healthy eyes and skin.

Kids can...

Remove the tough spinach stems, and help with adding the salt and pepper.

Notes
