

Side | Dinner

Beans and Greens

10 Mins
Prep Time

15 Mins
Cook Time

6
Servings

225 Calories **8g Fat** **27g Carbs** **13g Protein**



Ingredients

6 Servings **25 Mins Total Time** **Allergens: Dairy**

1 Tbsp Extra Virgin Olive Oil

1 Small Onion, diced

2 Cloves Garlic, minced

1 Can (14.5 oz) Garbanzo Beans, drained and rinsed

2 Cans (14.5 oz) Petite Diced Tomatoes

1 Bunch Collard Greens, (washed under cold running water) stripped off the rib and coarsely chopped

½ Tsp Red Pepper Flakes

1 Tbsp Red Wine Vinegar

⅓ Cup Pasteurized Crumbled Feta Cheese

Salt to Taste

Allergen Swap

Dairy Omit feta cheese

Nourishment Note



Leafy Greens

Leafy greens, like spinach, kale and collard greens, are chock full of vitamins, minerals and antioxidants, which may help to prevent disease, reduce inflammation and protect healthy cells.



Tomatoes

Tomatoes are rich in the antioxidant lycopene, which has been linked to improved skin health, as well as lowering the risk of heart disease and certain types of cancers.



Garbanzo Beans

Garbanzo beans contain healthy amounts of fiber to help with heart health and digestive regularity. They also contain plant protein to help build and maintain muscle, and folate to aid in the growth of new and healthy cells.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Heat Oil, Onions and Garlic

In a large skillet, heat olive oil over medium heat. Add the diced onions and garlic and cook, stirring occasionally, until onions begin to soften, about 5 minutes.

3. Add Garbanzo Beans, Tomatoes and Red Pepper Flakes

Add the rinsed garbanzo beans, canned tomatoes and red pepper flakes to the skillet and bring to a simmer.

4. Add Collard Greens

Add the chopped collard greens and stir. Place the lid on the skillet and allow the greens to wilt, about 5 minutes.

5. Add Vinegar

Stir in the vinegar and salt, to taste.

5. Plate, Serve and Enjoy

Plate beans and greens as a stand-alone side or over cooked rice. Sprinkle with feta cheese and enjoy.

1. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Spoons



Cutting Board



Knife



Colander



Deep Skillet with Lid



Can Opener



Spoon

PD Cooking Tips

Garlic: Purchase jarred, pre-minced garlic

Cans: Use an electric can opener to open canned vegetables

Greens: Use a leaf and herb stripper to strip the collard greens off the rib