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Greens and Beans

Ingredients:

- 2 heads escarole (or 6 cups Swiss chard)
- 1/8 tsp salt
- 2 cups marinara sauce
- 1 (15½-ounce) can cannellini beans
- 2 Tablespoons parmesan cheese, grated

Makes 8 servings - 17% calories from fat

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	



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