

Beans and Greens Camerota's Cupboard April 2012

Fresh greens are at their peak in the spring. The offerings this month combine the healthy fiber of beans with the Vitamin A and antioxidants of greens. Beans and greens combine deliciously placed in a hearty soup, a stew, or served as a main dish. And feel free to substitute your favorite leafy greens in any of these recipes.

Kidney Beans with Spinach & Beet Greens

This dish is adapted from a healthy recipe site on the Internet.

1 (15 ounce) can kidney or cannellini beans
2 tablespoons olive oil
1 small white onion, sliced
3 cloves garlic, crushed
2 cups baby spinach, coarsely chopped
1 bunch beet greens and stems, roughly chopped
1/2 cup red wine vinegar
salt and freshly ground pepper to taste

- Drain the beans and rinse well for at least a minute. Set the beans aside.
- Heat olive oil in a skillet over medium heat, and cook the onion until transparent and beginning to turn brown, about 8 minutes; stir in garlic, and cook just until fragrant, about 1 more minute. Stir in spinach and beet greens, partially cover the pan, and cook until the leaves wilt, about 2 minutes. Stir in the beans and cook the mixture, stirring often, for about 2 more minutes. Mix in the red wine vinegar, and cook until the pan juices reduce and the greens are tender, about 5 more minutes. Season to taste with salt and pepper.

4 servings

Tuscan White Bean Soup

(from the “Everyday Vegetarian” column in *Cooking Light*, Jan/Feb. 2012)

This soup calls for 1 cup of water in addition to the vegetable broth. I often substitute a cup or freshly brewed green or herbal tea for the water. Green tea contains antioxidants and herbal tea adds flavor. This recipe provides an excellent use for left-over hard cheese rinds.

- 1 tablespoon olive oil
- 2 cups finely chopped onion
- 5 garlic cloves, minced
- 2 cups organic vegetable broth
- 1 cup water
- 1 teaspoon chopped fresh rosemary
- 2 (15-ounce cans no-salt-added) Great Northern (or cannellini) beans, rinsed well and drained
- 2 fresh thyme sprigs
- 1 (1½ ounce) piece Parmigiano-Reggiano cheese rind
- 8 cups chopped escarole (about 1 pound)
- 1 cup chopped carrot
- ½ teaspoon crushed red pepper
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon white wine vinegar
- 6 tablespoons shaved fresh Parmesan cheese

Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion and sauté for 4 minutes, stirring frequently. Add garlic and sauté for 30 seconds. Add vegetable broth and the next 5 ingredients (through cheese rind); bring to a

boil. Reduce heat and simmer 10 minutes. Stir in escarole and carrot; cover and simmer for 15 minutes or until carrot is tender. Stir in red pepper, salt, black pepper, and vinegar. Remove and discard rind; sprinkle soup with shaved cheese.

4 servings (serving size about 2 cups and 1½ tablespoons cheese)

Nutrient analysis: 225 calories; 7.1 g fat (sat. 2.1 g; mono 3.2 g; 0.6 g poly); 10.9 g protein; 9.7 g fiber; 8 mg cholesterol; 2.7 mg iron; 644 mg sodium; 220 mg calcium

Tomato, Corn and Kale Stew

(from *More Nutritious Still Delicious*, compiled by the Nutrition Council of Greater Cincinnati)

This colorful stew is an excellent source of vitamins A and C and dietary fiber. It makes a hearty meatless meal that combines greens, whole grains and vegetables. The corn adds protein, fiber and lutein, a phytochemical that research suggests may play a role in protecting our eyes from macular degeneration. And the tomato sauce contains lycopene which may protect against prostate cancer.

2 teaspoons olive oil

2 cloves garlic, minced

½ cup chopped onion

¼ cup reduced sodium vegetable broth

1 can (8 ounces) tomato sauce

8 cups fresh kale, washed, cleaned, and chopped

2 cups frozen corn

1 can (15 ounces) Great Northern bean, drained and well rinsed

5 cups cooked brown rice

- In a large pan, heat oil on medium-high heat for 1 minute; add garlic and onion; sauté for 1 minute.

- Add broth; heat. Add tomatoes with juice and tomato sauce; cook for 3 minutes.
- Add kale and corn; reduce heat; cook until vegetables are tender, 10 to 15 minutes.
- Add beans; continue cooking until beans are heated through.

Serve over steamed brown rice. Cornbread would be a delicious addition to this healthy complete meal.

6 servings (1½ cups per serving)

Nutrient information per serving (1½ cups) with rice (¾ cup):
375 calories; 13 g protein; 72 g carbohydrate; 10 g dietary fiber;
4.5 g fat; .5 g saturated fat; 0 mg cholesterol; 506 mg sodium