

## **Garlic-y White Beans with Greens**

**Serves 6**

**3 Tablespoons olive oil**

**4 cloves garlic, pressed**

**1 pinch chili flakes, optional**

**1 Tablespoon fresh rosemary, finely chopped**

**2 cans white or garbanzo beans, rinsed and drained**

**½ teaspoon sea salt**

**2 cups chopped greens; baby spinach, kale, or chard all work**

**juice of ½ orange or 1 lemon**

**Place a wide skillet over medium heat and add olive oil. When oil shimmers stir in the garlic, optional chili flakes, and rosemary.**

**Add the beans and salt; stirring to combine.**

**Stir in the chopped greens and cook for 1-2 minutes until just wilted.**

**Remove from heat and add the orange or lemon juice.**

## **Chef C's cooking tips:<sup>1</sup>**

- **This dish can be made without heat too. Make a dressing with the oil, orange or lemon juice, garlic, salt and rosemary. Drizzle over beans and let sit so flavors can mingle. Add greens and you're good to go!**
- **Kalamata olives, celery, or radish would all be nice veggie add-in's**
- **If cooking beans at home add 2 cloves smashed garlic and 1 sprig of rosemary to the cooking water to add more flavor. Substitute 4 cups cooked beans for canned in recipe.**

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