



Beans and Greens Skillet

Ingredients

- 1 15-ounce can garbanzo beans, rinsed and drained (or substitute with your favorite white beans)
- 2 tablespoons of sun-dried tomatoes, roughly chopped
- 1 tablespoon vinegar (such as apple cider, white wine vinegar, red wine vinegar)
- Salt and Pepper, to taste
- 1 - 2 teaspoons olive oil
- 1/2 small onion, finely chopped
- 1 bunch of kale or Swiss chard, cored and chopped (or substitute with a 5-ounce tub of spinach)

Instructions

1. Drain and rinse white beans until the water runs clear. Roughly chop the sun-dried tomatoes. In a small bowl, combine 1 tablespoon of the oil from the jar of sun-dried tomatoes with the apple cider vinegar, salt and pepper. Set aside.
2. Add the olive oil and chopped onion to a large skillet. Sauté the onion over medium heat for 3 to 4 minutes, or just until it begins to soften and get golden brown around edges.
3. Add the chopped greens and 1 tablespoon of water to the skillet. Stir and cook over medium heat until the greens are wilted.
4. Add the drained beans and chopped sun-dried tomatoes to the skillet with the onions and greens. Continue to stir and cook until the beans are heated through. Lastly, drizzle the dressing over the skillet and stir to combine. Add salt and pepper to taste. Serve warm.

