

Spinach and White Beans

Prep Time	10 mins
Total Time	15 mins
Meal Type	Lunch,Dinner,Side
Contributed By	
Source	Living Plate Teaching Kitchen
Servings	4



Ingredients

lb,c g,ml

- 8 cups spinach, *chopped* (1 head ~4 cups)
- 1/4 cup onion, *sweet, chopped*
- 4 cloves garlic, *minced or pressed*
- 1 Tbs rosemary, *fresh, chopped*
- 1 1/2 cups cannellini beans, *canned, drained and rinsed*
- 2 Tbs olive oil
- 2 cups vegetable broth
- salt, *to taste*
- black pepper, *to taste*
- 1/2 tsp crushed red pepper
- 2 Tbs pine nuts

Directions

Prep

1. Chop spinach, onion, and rosemary. Mince garlic.
2. Drain and rinse cannellini beans.

Make

1. Sauté onion in olive oil in a large sauté pan over medium heat until soft and fragrant. Stir in garlic and rosemary.
2. Add spinach and sauté until wilted, about 1 minute.
3. Add cannellini beans and broth and cook until liquid reduces by half and spinach is tender.
4. Season with salt and pepper.
5. Serve with crushed red pepper and pine nuts.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	227	Total Fat 10.0g	15%	Total Carbohydrates 27g	9%
		Saturated Fat 1.2g	6%	Dietary Fiber 6g	22%
		Trans Fat 0.0g		Total Sugars 1g	
		Cholesterol 0mg	0%	Protein 9g	
		Sodium 635mg	27%		
Vitamin D 0mcg 0% · Calcium 143mg 14% · Iron 5mg 27% · Potassium 845mg 17%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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