



Escarole with Baby Cannellini Beans

INGREDIENTS

- 2 tablespoons olive oil
- 2 garlic cloves, chopped
- 1 pound escarole, chopped
- Salt to taste
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1 (1-ounce) piece Parmesan or Feta cheese
- Freshly ground black pepper
- 6 teaspoons extra-virgin olive oil

DIRECTIONS

Heat olive oil in a heavy large pot over medium heat. Add the garlic and saute until fragrant, about 30 seconds. Add the escarole and saute until wilted, about 2 minutes. Add a pinch of salt. Add the beans. Cover and simmer until the beans are heated through, about 5 minutes. Season with salt and pepper, to taste. Sprinkle with your choice of cheese. Makes 4 servings; 200 calories per serving.