



# Escarole and White Bean Soup

## 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  
4 cups low-salt chicken broth

## 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 the beans, chicken broth and the salt and pepper to taste. Cover and simmer until soup and beans are heated through, about 5-10 minutes. Ladle into bowls and sprinkle with your choice of cheese.

Makes 4 servings; 200 calories per serving.