



Easy Beans and Greens

Prep time: 10 minutes

Cooking time: 10 minutes

Yield: 2-3 servings

Ingredients:

1 can black beans (or pinto, red, kidney—your choice)

1 bunch collard greens (or kale, spinach—your choice)

your favorite toppings, such as salsa, avocado or guacamole and sour cream

Directions:

1. In a medium saucepan, heat drained beans. Add your favorite seasonings, if desired.
2. Fill a separate medium saucepan with 1-2 inches of water and bring to a boil.
3. Wash and chop greens (you can use the stems, too) and add to boiling water.
4. Cook for 2-3 minutes until greens are bright green and tender. Drain off water.
5. On a plate, arrange a portion of the greens, top with a portion of the beans and finish with toppings of your choice.