



This is the best meal combo you can eat!

Beans and leafy greens are the ultimate dynamic duo for optimal nutrition.

Why? Both beans and greens:

- can help manage and reduce risk of heart disease, hypertension, type 2 diabetes, metabolic syndrome, inflammation, and certain types of cancers
- have a low glycemic index, helping prevent blood sugar swings
- are excellent sources of calcium, iron, fiber, antioxidants, phytonutrients, vitamins, and minerals
- are super source of plant protein (yes, even leafy greens, which have a high percentage of protein on a per-calorie basis)
- help control weight because they are low calorie, low-fat, fiber-rich, and filling
- promote a diverse and robust microbiome (community of beneficial bacteria in your gut)
- contain a blend of nutrients that boost the immune system

And to add to the good news, beans and greens are super budget-friendly and can be prepared in endless, delicious ways.

Here are some examples:

- Tuscan white bean soup
- Italian beans and greens
- Beans and greens flatbreads
- Vegetarian chili with spinach and beans

Perfect Beans and Greens Every Time



This recipe is more of a guide; it is the base recipe for any type of beans and greens.

You will need:

- 1 onion, chopped
- 1 tbsp olive oil
- 2 cloves garlic, minced (or 2 tsp from a jar or tube)
- 1 15-oz can of beans (chickpeas, black beans, white beans, or other), rinsed
- 1 large bunch of leafy greens (kale, collards, spinach, or other), washed well and roughly chopped
- 1 15-oz can diced tomatoes (or 2 large tomatoes, chopped)

Heat olive oil over medium heat in a large skillet.

Add the onions and cook for about 2 minutes. Add the garlic and greens.

Sauté a few minutes more, until the greens are wilted and the onions are translucent.

Add the tomatoes and continue to cook until heated through.

Choose 1 flavor profile:

Indian: add 1-2 tbsp curry powder (chickpeas are the best bean)

Italian: add 1-2 tbsp Italian seasoning, or 1-2 tsp each of basil, parsley, and oregano (white beans are the best bean)

Mexican: add a diced jalapeno or other chili pepper, along with cumin, and chili powder (black beans are the best bean)

Southern: add a squeeze of lemon and a dusting of crushed red pepper flakes. Use black eyed peas and collard greens (the collards may need a bit more cooking time)

Continue to sauté until the seasonings are incorporated. Add a little salt and pepper to taste.