



Spinach and White Beans



4 servings



10 mins prep | 15 mins total time

Per serving:

227 calories

50 g carbs

14 g fiber

23.8 g fat

9 g protein

Ingredients

- 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.



Elisa England
MS, RDN

Ellen Petrosino MS,
RDN, IFNCP



**NOURISH
AND THRIVE**
NUTRITION CENTER

*Making mealtime
deliciously easy.
More recipes here*

SCAN ME

