



## Sautéed White Beans & Greens

**Prep: 10 minutes plus standing**

**Cook: 2 hours • Serves: 6**

- 1½ cups dry cannellini beans
- 1 tablespoon olive oil
- 5 garlic cloves, chopped (1½ tablespoons)
- ½ teaspoon cayenne pepper
- 1 pint grape tomatoes, each cut lengthwise in half
- 2 packages (5 ounces each) baby spinach (about 8 cups packed)
- 3 tablespoons red wine vinegar
- ¾ teaspoon salt
- ¾ teaspoon ground black pepper

**1.** In colander, rinse beans with cold water; discard any shriveled beans. In large saucepot, add beans and 6 cups hot water. Heat to boiling over high heat; boil 2 minutes. Remove saucepot from heat; cover and let stand 1 hour. Drain beans in colander; rinse and drain again.

**2.** In same saucepot, add beans and enough hot water to cover beans by 2 inches. Partially cover and heat beans to simmering over medium to medium-low heat. Gently simmer beans 1½ to 2 hours or until desired tenderness; drain.

**3.** In separate large saucepot, heat oil over medium heat 1 minute. Add garlic and cayenne pepper, and cook 30 seconds, stirring frequently. Add tomatoes and cook 2 minutes, stirring occasionally. Fold in beans and cook 2 to 3 minutes or until heated through, gently stirring occasionally. Stir in spinach; cover and cook 1 to 2 minutes or just until spinach wilts, stirring occasionally. Stir in vinegar, salt and pepper.

*Approximate nutritional values per serving: 122 Calories, 2g Fat (1g Saturated), 0mg Cholesterol, 299mg Sodium, 20g Carbohydrates, 4g Fiber, 6g Protein*