

Beans and Greens with Salsa Verde

Ingredients

- 1 tablespoon olive oil
- 1 15-ounce can low-sodium white beans, such as cannellini or Great Northern white beans, drained and rinsed
- 2 medium cloves garlic, minced
- Pinch crushed red pepper flakes
- ¼ teaspoon kosher salt
- Freshly ground black pepper
- 1 cup baby spinach leaves or other chopped leafy greens (kale, chard, arugula, etc.)

- For the salsa verde:
 - 2 tablespoons chopped Italian parsley
 - 1 tablespoon capers in brine, drained
 - 2 tablespoons extra-virgin olive oil
 - 1 tablespoon fresh lemon juice

- Optional: grated Parmesan or pecorino Romano cheese

Instructions

1. Heat 1 tablespoon olive oil in a medium skillet over low heat. Add the beans, garlic, red pepper, salt, and pepper. Cook 5-7 minutes, until fragrant and warmed through. Stir in the greens and continue cooking for about 1 minute or until the greens are wilted. Heavier greens might take longer than 1 minute, but you want them just cooked regardless.
2. Make the salsa verde: stir together the parsley, capers, oil, and lemon juice in a small bowl.
3. Serve immediately, garnished with cheese, if desired. This is great on its own as a side or over pasta, grits, or polenta as a main dish.