

Spinach and Beans

Just Say Yes to Fruits and Vegetables

This dish is so yummy, you'll wonder where its BEAN all your life!



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Serves 5 ▪ Serving: 1 cup

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Vegetables

Wash your spinach thoroughly before eating!

Ingredients:

- 2 tablespoons vegetable oil
- 1 chopped onion
- 2 minced garlic cloves
- 3½ cups cooked great northern beans
- 6 cups fresh spinach, stems removed
- 1 tablespoon vinegar
- Salt and pepper, to taste

Directions:

1. In a large frying pan, heat oil over medium heat. Add onion, cook 2 minutes, stirring often.
2. Add garlic, cook 1 minute.
3. Add beans and cook until hot, about 3 minutes.
4. Add spinach and vinegar (add spinach in small batches), stirring often until spinach is wilted, about 3 minutes.
5. Season with salt and pepper and serve.
6. Refrigerate leftovers.