

# BEANS AND GREENS

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## TOTAL TIME

20 minutes

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## SERVINGS

4 to 6

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## MENU

For a satisfying, earthy main dish, serve Beans and Greens with bread, olives, and Fresh Mozzarella and Tomato Salad (see page 68). Beans and Greens can also be an antipasto before Penne with Sun-Dried Tomatoes and Capers (see page 190) or Broiled Eggplant (see page 74). For crostini, spread the beans on toasted slices of French or Italian bread and top with the greens.

**T**he soothing creaminess of beans is complemented by the bracing sharpness of the greens in this time-honored classic from southern Italy.

## BEANS

4 cups drained cooked Roman beans or cannellini  
(two 16-ounce cans)  
juice of ½ lemon, or to taste  
salt and ground black pepper to taste  
¼ teaspoon crushed red pepper flakes (optional)

## GREENS

1 large head curly endive or escarole (about 1 pound)  
2 tablespoons olive oil  
4 garlic cloves, minced  
salt and ground black pepper to taste  
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extra-virgin olive oil (optional)

Using a potato masher or a large slotted spoon, slightly mash the beans until they hold together. Stir in the lemon juice, salt, and pepper to taste. If you plan to serve the dish at room temperature, set it aside. If you plan to serve it hot, gently heat the beans in a covered saucepan on low heat, using a heat diffuser or a double boiler if necessary to prevent sticking.

Wash the greens and chop them into small pieces. In a large skillet or wok, heat the olive oil and garlic on medium heat until the garlic is just turning golden. Add the greens. You may have to wait for the first greens in the pan to wilt before you can add the rest. Raise the heat and cook, stirring frequently, until all of the greens are wilted and bright green. Add salt and pepper to taste.

Serve the beans and greens side by side in a serving bowl, or make a nest of the greens and mound the beans in the center. Drizzle the top with extra-virgin olive oil, if desired.

PER 8-OZ SERVING: 109 CALORIES, 5.5 G PROTEIN, 3.6 G FAT, 15.4 G CARBOHYDRATE, 155 MG SODIUM, 0 MG CHOLESTEROL.