

## Cannellini Beans with Kale

Makes 4 servings

*This dish can be served alone or on toast.*

1 large onion, thinly sliced

$\frac{3}{4}$  cup vegetable broth, divided

2 bunches curly kale or dinosaur kale, chopped or torn into bite-size pieces

2 15-ounce cans cannellini beans, drained and rinsed

zest and juice from 1 lemon

2 tablespoons sesame seeds

1 teaspoon toasted sesame oil (optional)

1 teaspoon Bragg's Liquid Aminos

Preheat a large wok or skillet over medium heat. Add onion and 1/2 cup broth and sauté for 3 minutes. Add kale, the remaining 1/4 cup broth, beans, and lemon zest and juice. Cook on low until tender.

Sprinkle with sesame seeds, oil, if using, and Liquid Aminos.

Per serving (1/4 of recipe)

- Calories: 295
- Fat: 4.1 g
- Saturated Fat: 0.7 g
- Calories from Fat: 11.6%
- Cholesterol: 0 mg
- Protein: 18.6 g
- Carbohydrates: 50.6 g
- Sugar: 4.6 g
- Fiber: 13.5 g
- Sodium: 501 mg
- Calcium: 259 mg
- Iron: 7.2 mg
- Vitamin C: 71 mg
- Beta Carotene: 13099 mcg
- Vitamin E: 2.8 mg



*Source: Isis Israel, Cancer Project Educational Alliance Partner, Saladmaster Senior Dealer*

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