



**SUNDANCE**  
NATURAL MEDICINE

Winter Recipe

## Greens and Beans

**Serves 6-8**

**1 bunch greens: Kale, collards, chard or escarole, torn into pieces**

**1-2 medium potatoes, peeled and diced**

**1 large onion, coarsely chopped**

**2 cups cooked white beans**

**14 ounce can peeled, crushed tomatoes**

**Salt and pepper to taste**

**2 tablespoons lemon juice**

**Grated Romano or Parmesan cheese**

**Extra-virgin olive oil for drizzling**

**Place greens or escarole in a large pan and then place in layers: potatoes, onions, beans and tomatoes. Add salt and pepper. Cover and steam on low heat until the layers have reduced by at least half. Stir and cook covered until greens are thoroughly wilted.**

**Just before serving, splash on lemon juice. Sprinkle on grated Romano or Parmesan cheese. Serve with a crusty bread and extra-virgin olive oil**