

## Kale and Bean Francese

-1 tablespoon EV Olive Oil  
(or vegan margarine or  
butter)  
-1 Onion (diced)  
-3 cloves Garlic (minced)  
-2 cups cut Green Beans  
-1 small bunch Kale (remove  
stem and chopped)  
-¼ cup Veggie Broth  
-¼ cup White Wine  
-1 can Cannellini Beans  
(drained and rinsed)  
-¼ cup fresh Lemon Juice  
(1/2 lemon)  
-¼ cup fresh Parsley (loosely  
packed, measured then  
chopped)  
-Salt and Pepper (to taste)

1. In a large sauté pan add the oil, garlic, and onion and sauté about 2 minutes.
2. Add the green beans, and kale.
3. Cook until the beans are tender but crisp, about 5 minutes.
4. Add the broth, wine, and beans, and cook until hot, about 3 Minutes.
5. Stir in the lemon juice and parsley.
6. Taste for seasoning, add salt and pepper to taste.
7. Serve and eat up!!

Nutritional Facts: 715 Calories, 115g Carbs, 17g Fat, 35g Protein, 2108 Mg Sodium, 17g Sugar