

## Bean Soup with Kale

White beans, cannellini or navy, and chicken broth form the base of this soup made with fresh kale and tomatoes.

Yields: 8 servings

### INGREDIENTS:

1 tablespoon olive oil or canola oil  
8 large garlic cloves, crushed or minced  
1 medium yellow onion, chopped  
4 cups chopped raw kale  
4 cups low-fat, low-sodium chicken or vegetable broth  
2 (15 ounce) cans white beans, such as cannellini or navy, undrained  
4 plum tomatoes, chopped  
2 teaspoons dried Italian herb seasoning  
Salt and pepper to taste  
1 cup chopped parsley

### DIRECTIONS:

1. In a large pot, heat olive oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

## Dilled Green Beans

### Ingredients:

3 cups fresh green beans, cleaned  
3 cloves garlic, peeled and minced  
1 tsp. salt  
1/2 cup vinegar  
1/2 cup water  
1 bunch fresh dill, about 1 cup, chopped

### DIRECTIONS:

Bring a large saucepan of water to a boil and place beans in the pan. Cook for about 45 seconds, until beans turn bright green. Remove from pan immediately and rinse in cold water until beans are cool. Drain.

Combine the remaining ingredients in a large bowl.

Mix in the beans; cover the bowl and refrigerate at least 4 hours before serving.

This will keep in the refrigerator up to one week. 4 salad servings.

## **Minty Green Bean Salad**

Green beans with a hint of mint are blended with a tangy vinaigrette.

Prep Time: 20 Minutes

Cook Time: 10 Minutes

Ready In: 30 Minutes

Yields: 4 servings

### **INGREDIENTS:**

1/4 cup water

1 teaspoon white sugar

1 pound fresh green beans

4 cloves garlic, thinly sliced

2 slices onion, chopped

1 sprig fresh mint leaves

3 tablespoons olive oil

1 tablespoon cider vinegar

1/2 tablespoon minced garlic

1/4 teaspoon dried basil

1/4 teaspoon prepared mustard

salt and pepper to taste

### **DIRECTIONS:**

1. In a medium saucepan, bring the water and sugar to a boil, and cook the green beans 10 minutes, or until tender but crisp; drain.
2. Transfer green beans to a medium bowl, and mix with garlic, onion, and mint.
3. In a small container with a lid, mix olive oil, cider vinegar, garlic, basil, mustard, salt, and pepper. Shake until well blended. Toss into the green bean mixture.