

## Healthy recipes

# FLIK Cannellini Beans

Yield: 6 servings

**Calories:** 95  
**Fat:** 4.4 g  
**Cholesterol:** 0 mg  
**Sodium:** 610 mg  
**Carbohydrates:** 10.7 g  
**Protein:** 4.1 g

### Ingredients

Cannellini beans	½ pound (dry)
Olive oil	2 Tbsp
Garlic	2 cloves (minced)
Broccoli rabe	1 head
Balsamic vinegar	1 Tbsp, 1 tsp
Plum tomato	2 (chopped)
Yellow onion	1 (chopped)
Sage	½ bunch
Black pepper	1 tsp
Lemon	½ (optional)

### Directions

Soak beans in water overnight. In a pot of rapidly boiling water, cook the beans until tender. Drain and chill.

In a hot, non-stick skillet, heat olive oil and saute garlic and broccoli rabe until the broccoli rabe is wilted. Remove from heat and chill.

Combine beans, broccoli rabe, onion, plum tomatoes, vinegar, sage and seasonings, toss together. Serve and enjoy!

\*Optional: Squeeze lemon half over salad before tossing.

### Tips

- Cannellini beans are an excellent source of soluble fiber, which helps reduce cholesterol levels.
- Cannellini beans are a good source of protein, iron, magnesium and folate.
- Broccoli rabe is a good source of calcium, potassium and fiber, important for blood pressure control.
- This is not only a great side dish, but also adds protein and nutrients to a vegetarian diet.