

White Beans and Brussels Sprouts

Yield: 8 servings

Serving size: 1/8 of mixture
(about 1 cup)

Nutrition Facts	
Serving size	1/8 mixture (214g)
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 3mg	15%
Potassium 463mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This is the side dish to accompany the braised chicken thighs. You can substitute any bean—chickpeas, black eyed peas, great northern beans. Brussels sprouts are one of the superfoods and are packed with nutrients.

INGREDIENTS

- 2 TBSP olive oil
- 1 medium onion, peeled, sliced
- 4 garlic cloves, minced
- 3 cups Brussels sprouts, washed, trimmed, and halved lengthwise
- 1 teaspoon Kosher salt
- 1 teaspoon ground black pepper
- ½ cup water
- 3 cans (15-ounce) white beans, rinsed and drained
- 1 TBSP lemon juice
- 1 teaspoon red pepper flakes, optional

DIRECTIONS

1. Heat olive oil in a sauté pan on medium-high.
2. Add onions and cook until translucent; about 3–4 minutes.
3. Add minced garlic and cook for 1 minute.
4. Add Brussels sprouts, salt, and pepper. Cook on medium-high for 3–5 minutes, stirring frequently.
5. Add water. Cover and simmer for 5 minutes.
6. Add white beans, lemon juice, and red pepper flakes. Stir gently to avoid breaking beans.
7. Reduce heat to medium, cover, and cook for 5 minutes or until Brussels sprouts are tender.
8. Remove from heat and serve hot.

Freezes well—Cool mixture. Portion into freezer-safe container(s) and freeze.

