

## Big Ole' Bowl of Sauteed Greens and Beans

### Ingredients:

- 1-2 tablespoons of olive oil
- 2-3 heaping handfuls of spinach or various other greens (be creative)
- 1-2 handfuls of sliced mushrooms
- 1 pepper (sliced)
- 1 can of black beans

### Directions:

- 1) Pour 1-2 tablespoons of olive oil in a skillet and warm on medium heat.
- 2) Place the mushrooms, spinach and pepper in the skillet; cover and sautee over medium heat to desired texture (I like my mushrooms firm and my peppers a bit crunchy).
- 3) Remove the black beans from the can and rinse thoroughly (washing away excess sodium); place them in a microwave safe bowl and microwave for 45 seconds.
- 4) Place the sautéed vegetables in a bowl and top with a ½ cup of black beans.

### Benefits:

- 1) Takes only 10-15 minutes to prepare.
- 2) Loaded with vitamins, minerals, fiber, protein and healthy unsaturated fats.
- 3) Minimal clean up!

### Modifications:

- 1) It is all about getting more vegetables, add or substitute your favorite ingredients.
  - a. For example:
    - i. Use various greens including kale, Swiss chard, broccoli, asparagus, etc.
    - ii. Add starch including sweet potato, potato, brown rice or whole grain pasta (fist size)
    - iii. Beans are a really good source of protein and fiber, however, there are many varieties and they are all worth trying. The brand I used only had 15mg of sodium but typically anything in a can is going to be high in sodium (300mg or so) and should be thoroughly rinsed.
    - iv. You can also add lean protein as well including chicken, lean beef, venison or eggs.
    - v. Finally, add a bit of seasoning or sauce if necessary...who doesn't love a bit of Frank's Red Hot (just go easy, sodium)?
- 2) Be creative, I know there is a way this can be done that will fit everyone's taste!!!