



Tuscan Veggie Beans

🕒 5 MINS | 🍴 4 SERVINGS

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Method

1. Add 1/2 TBLSP of olive oil to skillet and put on medium heat. Chop kale and add to medium heat skillet and sautéed for 2-3 minutes. Add drained and rinsed cannellini beans. Stir and add in the 3/4 cup of pesto (homemade or jar version). Cook for 5-10 minutes on low to medium heat. Serve as a side dish.

INGREDIENTS

- 1 3/4 cups Canned Cannellini Beans
- 3/4 cup Sundried Tomato Pesto, Sundried Tomato
- 1/2 tablespoon Olive Oil
- 2 cups Baby Kale

NUTRITION INFORMATION PER SERVING

Protein 12g	Vegetables 0.29 servings
Total Fat 6.5g	Saturated Fat 1.81g
Carbs 26g	Sodium 702mg
Calories 248kcal	Added Sugar 0g
Fiber 7.5g	Fruits 0 servings

