

# Mangia Bene, Viva Bene

By FRANK ZEOLI



## Greens & Beans

**M**y grandmother introduced me to greens and beans at a young age and I always looked forward to it. All Italian families made greens and beans so what made my grandmother's so special? I think it was because she used to switch it up all the time. She would always use more than just escarole. She would add bok choy and swiss chard. On occasion, she would even use

kale and collard greens. To make it more of a meal, she would sometimes add pancetta, bacon or even sausage. No matter how she made it, she always used plenty of garlic and it was always delicious. Greens and Beans was a dish that knew no season in my house. My grandmother would make it all the time. She used to say, "greens are good for you whenever you eat them".

***Prep Time: 15 Minutes***

***Cook Time: 30 Minutes***

### ***Ingredients***

- 1/3 cup of chopped garlic
- 1/4 cup of olive oil
- 1 head of escarole
- 1 bunch of swiss chard (green leaf only)
- 1 bunch of bok choy (green leaf only)
- 2 cans of cannellini beans (about 2 lbs.)
- 4 cups of chicken broth
- 1 t of kosher salt
- 1/2 t of black pepper

### ***Instructions***

1. Chop the escarole, swiss chard and bok choy into small bite size pieces. Wash them twice and place all together in a large bowl.

2. In a large sauté pan, heat olive oil over medium-high heat. Add chopped garlic and cook for 3 minutes until garlic browns a bit. Do not burn the garlic.
3. Add the greens and sauté together with garlic about 4 minutes until the greens begin to wilt.
4. Add the chicken broth, cannellini beans, salt, and pepper. Let cook for 20 minutes, stirring frequently.

If you like a little spice you can add crushed red peppers flakes. Add them to the pan when sautéing the garlic in olive oil.

Serve hot with a slice of good Italian bread and some parmesan cheese.

Look for more recipes in the next edition of the SIAMO QUI.