



White Beans, Sausage and Kale

“Fast and Fresh Main Courses”

Ingredients

- ½ lb. low fat chicken or turkey sausage
- 2 (15 ounce) cans reduced sodium white beans
- ¾ lb. baby kale (or spinach)
- 2 cloves garlic, minced
- 2 Tbsp. balsamic vinegar

Directions

1. Heat 2 Tbsp. extra virgin olive oil in a large skillet on medium-high heat; remove sausage from its casing and break into small pieces; saute until browned, about 5 minutes. Remove from pan and set aside.
2. Saute garlic until golden, about 1 minute.
3. Add the beans with their liquid and stir in the kale, a few handfuls at a time. Simmer until the kale is wilted, about 2 minutes, adding water if needed to keep the beans moist.
4. Stir the sausage into the beans and kale. Season with pepper and vinegar. Adjust seasoning with additional salt and pepper to taste.