



Braised Mustard Greens with Red Beans

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 8 servings | Serving Size: ¾ cup

Ingredients

- ¼ cup raw unsalted nuts (e.g. peanuts, walnuts, almonds), roughly chopped
- 1 tablespoon olive oil
- 1 medium onion, finely diced (about 1 cup)
- 1-2 cloves garlic, minced (about 1 teaspoon)
- 1 tablespoon curry powder
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 2 bunches mustard greens, destemmed and torn into 1- to 2- inch pieces (about 8 cups)
- 1 (15-ounce) can no-salt-added kidney beans, drained and rinsed
- 3 thinly sliced scallions (green onions; about ⅓ cup)

Recipe Notes

- Substitute another hearty leafy green, such as kale or collard greens, for the mustard greens if desired.

Directions

1. Heat a large sauté pan or skillet over medium heat.
2. Add the nuts to the pan and cook, stirring frequently, until fragrant and lightly toasted, about 2-5 minutes. Remove the nuts from the pan and set aside.
3. Add the oil to the now-empty pan and place over medium heat. Heat the oil until it is shimmering.
4. Add the onion and sauté until softened, about 3-5 minutes.
5. Add the garlic, curry powder or turmeric, black pepper, and salt. Sauté until fragrant, about 1-2 minutes.
6. Add the tomatoes with their juice. Stir to combine.
7. Add the mustard greens to the pan and cook, tossing or stirring occasionally, until they begin to wilt, about 1-2 minutes. Work in batches if needed.
8. Reduce the heat to medium-low and cover the pan with a lid. Cook until the greens are tender, about 7-10 minutes.
9. Add the beans, scallions, and toasted nuts. Stir to combine.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 85 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 175 mg | Total Carbohydrate: 10 g | Dietary Fiber: 4 g | Protein: 5 g

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