BEANS AND GREENS
1 can white kidney beans or cannellini beans rinsed and drained
1 tablespoon olive oil
½ cup diced onion
2 cloves garlic, minced
2 pounds fresh kale, stemmed and chopped into large pieces
Salt and pepper to taste

Sauté onion and garlic in olive oil. Add greens to the skillet. Sprinkle with 2 tablespoons of water. Cook, tossing often, until greens are bright green and slightly wilted. Remove from heat. Drain and heat beans and add to green mixture. Toss mixture, season and serve. Serves four; 1 cupserving

SAVORY GREENS
3 cups water
¼ pound skinless turkey breast
½ cup chopped onions
2 cloves garlic, crushed
¼ teaspoon cayenne pepper
¼ teaspoon ground cloves
½ teaspoon dried thyme
1 green onion, chopped
1 teaspoon ground ginger
2 pounds mixed greens (collards, turnips, mustard, and kale)

Place all ingredients except greens into large pot and bring to a boil. Wash greens and remove stems. Chop greens into small pieces and add to stock. Cook 20 to 30 minutes until tender. Serves six; 1 cup serving

Spring showers not only bring flowers, but beautiful fresh produce from the garden.

March is National Nutrition Month. Celebrate with nutritious delicious GREENS.