

Riverview Wellness Center

Recipe

Client Name: Howard Rose

Recipe for: Broccoli Rabe & White Kidney Beans

Ingredients: 1 bunch of broccoli rabe (rapini)
fresh-cooked white kidney beans or 19 oz can cannellini beans
2 to 3 cloves of garlic, minced
3 Tbsp olive oil
grated parmesan cheese (optional)

Preparation: Wash and cut rapini into 2" lengths. Blanch in boiling salted water for 1 to 2 minutes. Heat olive oil in skillet with garlic for 2 to 3 min. Add drained rapini and sauté until tender (6 to 8 min). Add beans and cook, covered, additional 2 min. For added flavor you can sauté in 3 Tbsp chicken broth. Serve with a few pats of butter if desired and plenty of grated parmesan cheese.