

## Braised Kale with Black Beans and Tomatoes Serves: 6

### Ingredients

1 bunch kale (about 8-10 leaves)	1 can (15 oz.) unsalted black beans, rinsed and drained
2 tsp. olive oil	
1 large onion, diced	1 1/2 cups fat free, reduced-sodium chicken (or vegetable broth)
6 medium tomatoes, seeded and diced (2 cups)	Salt and freshly ground black pepper, to taste
2 garlic cloves, halved lengthwise	

### Directions:

1. Using a sharp paring knife, slice off the hard, central vein of each kale leaf. Stacking 3 to 4 leaves at a time, cut them crosswise into half-inch strips. Rinse in a colander or sieve and shake well, leaving some moisture clinging to leaves.
2. In a large heavy pot, heat oil over medium-high heat. Sauté onion until translucent, about 4 minutes. Add kale and mix until wilted, about 3 minutes. Add tomatoes and garlic.
3. Cook, stirring, until tomatoes soften slightly, about 3 minutes. Add beans and broth. Bring to a boil, reduce heat and simmer until kale is tender, about 30 minutes.
4. Season to taste with salt and pepper. Serve.

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**Per serving:** 110 calories, 2 g fat (0g saturated fat), 18 g carbohydrate, 6 g protein, 5 g dietary fiber, 190 mg sodium.

