

Recipes and Tips



One-Pot Beans, Greens and Grains

Yield: 2 to 4 servings

1¾ cups water or broth

1 cup quinoa, rice or any other grain of your choice

Salt and black pepper

1 can of any beans, about 270 gr cooked if cooking yourself

1 garlic clove

2 tablespoons extra-virgin olive oil

1 bunch collard greens, kale, spinach or other hearty dark leafy green

1 lemon

Toppings (optional): toasted nuts or seeds, fresh herbs, grated or crumbled cheese, soft-boiled egg, hot sauce, pesto or other sauces and so on

In a large pot or Dutch oven, bring the water, grain being used and a generous pinch each of salt and pepper to a boil over high. Cover, reduce heat to low and simmer for the cooking time minus 6 minutes.

While the grain cooks, drain and rinse the beans, then transfer to a small bowl. Finely grate the garlic over the beans, then add the oil and a pinch each of salt and pepper and stir to combine. Set aside. Remove and discard any tough stems from the greens, then roughly chop the leaves.

After the grain has had the above cooking time, arrange the greens on top and season well with salt and pepper. Cover and cook until the grain is tender, 5 to 7 minutes. Remove the pot from heat, scrape the beans over the greens, then cover the pot and let sit for 5 minutes.

Finely grate some of the lemon zest over the beans and greens, then cut the lemon into wedges. Eat the beans, greens and grains with a squeeze of lemon juice, salt and pepper to taste and any toppings you like.