

# Pot Full of Goodness Greens & Beans

## What You'll Need

- 1 1/2 cups frozen baby lima beans
- 1 tablespoon olive oil
- 2 cups sliced red onion
- 3 cups fat-free, less-sodium chicken broth (or vegetable broth)
- 1 cup diced, cooked, smoked turkey breast
- 1/2 teaspoon dried thyme
- 1/4 teaspoon crushed red pepper
- 3 garlic cloves, minced
- 8 cups sliced collard greens (about 1/2 pound)
- 2 tablespoons red wine vinegar
- 1 14.5-ounce can diced tomatoes, undrained
- 1/4 teaspoon black pepper

Serves 4

## Let's Cook!

- 1 Heat oil in pan over medium-low heat. Add onion and sauté 10 minutes.
- 2 Add beans, broth, turkey, red pepper, thyme and garlic; bring to a boil.
- 3 Stir in collards, vinegar, and tomatoes.
- 4 Continue to cook on medium heat for 20 minutes. Stir in pepper.

## Nutrition Facts

Serving Size (285g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 630mg	<b>26%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 4g	16%
Sugars 3g	
<b>Protein</b> 10g	
Vitamin A 45%	Vitamin C 40%
Calcium 8%	Iron 15%

