

## Bean and Kale Scramble

*This recipe was adapted from CalciYum! by David and Rachelle Bronfman, 1998.*

- 1 teaspoon extra virgin olive oil
- 1 large onion, finely chopped
- 2 cups Great Northern beans or white beans (cooked or canned), drained & rinsed
- ¼ cup chopped, fresh dill
- 5 cups chopped kale, stems removed
- Juice of one lemon
- 1-2 tablespoons water
- 2 tablespoons tamari
- 1 tablespoon prepared mustard

In large skillet, heat oil over medium heat. Add onion and sauté for 3 minutes. Add cooked beans and dill; sauté another 3 minutes. Add remaining ingredients and sauté 5 minutes. Stir occasionally. Serve hot or at room temperature.

Makes four servings.

### Nutritional Facts:

Calories: 240

Carbohydrates: 42 grams

Fiber: 10 grams

Protein: 16 grams

Total fat: 2 grams