



## **White Beans and Red Chard**

### **Ingredients**

2 T extra virgin olive oil  
2 cloves garlic, crushed  
1 pinch red pepper flakes  
1 large bunch red or Swiss chard, trimmed of heavy veins and sliced into large pieces  
1 15 oz. can Cannellini beans, drained (you can use dried too, just soak overnight and cook first)  
Salt and pepper to taste  
1 T parmesan, grated

### **Preparation**

Heat the olive oil in a heavy pot and add the garlic, pepper flakes and chard. Saute on low heat for 15 minutes until the chard is tender. Add the beans and heat through. Season to taste. Serve in a bowl topped with cheese.