

HIGH FIBER DIET

SAUSAGE & WHITE BEAN STEW

2 Tbs. extra-virgin olive oil
½ lb. Italian turkey sausage
5 cloves garlic, sliced
2 15 oz. cans no-salt-added white beans
1 lb. fresh baby spinach
1 Tbs. balsamic vinegar
¼ cup Parmesan cheese

Step 1:

Remove sausage from casing. In a large skillet, heat oil over medium heat. Saute sausage, breaking it into small pieces, until browned and fully cooked, about 5 minutes. Remove sausage, leaving oil in skillet. Saute garlic in same skillet until fragrant, 30 seconds to 1 minute.

Step 2:

Add beans with their liquid and stir in spinach a few handfuls at a time. Cook until spinach has just wilted and is bright green, about 2 minutes, adding ¼ cup water is needed to keep beans moist.

Step 3:

Stir sausage into beans and spinach. Season with black pepper and balsamic vinegar. Sprinkle with Parmesan.

Serves 4.