

# BEYOND HUNGER

## Three-Minute Skillet Beans & Greens

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*This is a fiber-rich dish that is incredibly easy to make. This recipe is plant-based and can serve as a quick easy meal on a busy night. It is packed with beans, greens, and tons of flavor!*

**Yields:** 4 servings

**Serving Size:** ¾ cups

### Ingredients:

- 1 tbsp **olive oil**
- 1, 15 oz can **garbanzo beans** (low sodium preferred)
- 1 tsp **curry powder**
- ½ tsp **ground ginger**
- ¼ tsp **black pepper**
- 1, 5-oz **package fresh baby spinach**
- ¼ tsp **salt**

### Instructions:

1. In a large skillet, heat the oil over medium heat.
2. Add the garbanzo beans, curry powder, ginger, and pepper, and stir to coat.
3. Add the spinach and salt, and cook while gently stirring until the beans are heated through and the spinach is just wilted (about 2 ½ minutes)
4. Serve while warm.

**Chef's Note:** Serve with ½ cup rice for a balanced meal.

**Per Serving:** Calories 155 kcal, Carbohydrates 21 g, Protein 8g, Saturated Fat 0.7g, Sodium 170 mg, Fiber 7g, Sugars 4g

This recipe has been adapted from [diabetesfoodhub.org](http://diabetesfoodhub.org).