

One-Pot Beans, Greens & Grains

INGREDIENTS

Yield:

2 to 4 servings

1¾ cups water or broth

1 cup quinoa, long-grain white rice or a mix of the two, rinsed

Salt and black pepper

1 (14-ounce) can of any beans

1 small garlic clove

2 tablespoons extra-virgin olive oil

1 bunch collard greens, kale, spinach or other hearty dark leafy green

1 lemon

Toppings (optional): toasted nuts or seeds, fresh herbs, grated or crumbled cheese, soft-boiled egg, avocado, hot sauce or other sauces and so on

PREPARATION

Step 1 In a large pot or Dutch oven, bring the water, quinoa and a generous pinch each of salt and pepper to a boil over high. Cover, reduce heat to low and simmer for 13 minutes.

Step 2 While the quinoa cooks, drain and rinse the beans, then transfer to a small bowl. Finely grate the garlic over the beans, then add the oil and a pinch each of salt and pepper, and stir to combine. Set aside. Remove and discard any tough stems from the greens, then roughly chop the leaves.

Step 3 After 13 minutes, arrange the greens on top of the quinoa and season well with salt and pepper. Cover and cook until the quinoa is tender, 5 to 7 minutes. (When the quinoa is tender, it's also translucent and has a thin white tail.) Remove the pot from heat, scrape the beans over the greens, then cover the pot and let sit for 5 minutes.

Step 4 Finely grate some of the lemon zest over the beans and greens, then cut the lemon into wedges. Eat the beans, greens and grains with a squeeze of lemon juice, salt and pepper to taste and any toppings you like.