



Tuscan Beans with Gremolata

Serves 8

½ pound dried cannellini
1 large onion, chopped
2 tablespoons thyme, chopped
4 garlic cloves, minced
1/4 head of green cabbage
2 cups tomatoes, chopped
4 celery stalks, chopped 3 carrots, chopped
5 cups low sodium, low fat vegetable stock
2 medium potatoes, chopped
1/2 cup fresh basil, chopped
4 small zucchini, chopped
Extra Virgin Olive Oil
Salt and pepper
Parmesan cheese (if desired)

1. Soak beans the night before and change the water at least twice before cooking the beans.
2. Place the beans in your crock pot and cover completely with water. Allow beans to cook for about 4 hours or until tender. Be sure to check the water level to make sure there is plenty of liquid.
3. When beans are completely cooked, drain and rinse. Set aside until ready to use.
4. Heat a large stock pot, lightly coat the bottom of the pan with olive oil and sauté the onion, thyme, and garlic until fragrant.
5. Add the cabbage, tomatoes, celery, and carrots, sauté for about 10 minutes.
6. Add the beans and 5-6 cups of vegetable stock. Bring to a boil and reduce heat to a simmer. Add the zucchini and continue cooking until vegetables are tender.
7. Season to taste and garnish with gremolata and parmesan cheese.

Gremolata

Zest of one lemon
1/4 cup fresh Italian parsley
3 garlic cloves, finely chopped
1 tablespoon olive oil
Salt and Pepper

1. Combine ingredients in the bowl of a food processor and pulse to chop and combine. Salt and pepper to taste.

Nutritional Analysis

Serving Size: 1 cup

Calories	210
Fat	7g
Saturated Fat	1g
Cholesterol	0mg
Sodium	230mg
Carbohydrates	31g
Dietary Fiber	7g
Protein	11g
Sugars	10g

Diabetic Exchanges:

Protein	1
Fat	1.5
Carbohydrates	2