Broccoli Rabe with Garlic and White Cannellini Beans

This is a wonderful, tasty side dish to accompany any meal. It goes well with a menu that needs a flavorful vegetable dish. Most meat-centered meals are enhanced by the addition of a garlicky side dish, and with Broccoli Rabe with Garlic and White Cannellini Beans, you have the benefit of a dark-green leafy vegetable combined with fibrous and filling beans, encouraging the diner to consume a smaller portion of meat. Traditional Greek-style meals comprise six or seven dishes, many of which are vegetable or grain side dishes. Even when meat is served, diners don’t tend to eat large portions of it.

Canned beans are certainly convenient, but compare the labels to be sure the canned beans you choose contain the lowest amount of sodium.

PREPARE THE BROCCOLI RABE by washing it thoroughly and cutting away the thick stems. Chop the leaves and the thin stems into small pieces and dry them in a salad spinner. It is important to dry the broccoli rabe as much as possible to minimize splattering when it hits the hot oil.

Heat the olive oil in a large sauté pan over medium heat and gently sauté the minced garlic until it becomes light brown. Be careful not to burn the garlic because it will create a bitter flavor. Add half the broccoli rabe to the sauté pan and stir. Cook until the greens wilt a bit and shrink, creating space for the remainder of the broccoli rabe to be added to the pan. Add the second half of broccoli rabe and cook, stirring occasionally, until it has turned a uniform bright-green color and is wilted.

Add the strained cannellini beans and stir to combine. Sprinkle with red-pepper flakes and sea salt to taste.
Turn off the heat and place the Broccoli Rabe with Garlic and White Cannellini Beans in a serving dish.

Sprinkle with grated Asiago cheese and serve immediately.

Serves 4–6