

Going Lo-Co White Bean 'Cassoulet'
(adapted from Lisa G. and *Gourmet* recipes)

Ingredients

- 5 cloves garlic, minced
- 2 onions, minced
- ~1 TB Grapeseed or Olive Oil (could use less)
- Tomatoes: 1 lb Campari tomatoes, halved (or plum/medium-sized tomatoes, quartered)*
- 19 oz can of white beans – cannellini (or Navy or Great Northern), rinsed and drained. Could use 2 cans.
- 6 oz baby spinach leaves (can use more)
- Asiago (or freshly grated Parmesan or Romano Pecorino) cheese to taste
- OPTIONAL: 1 ½ teaspoon mixed chopped fresh herbs such as rosemary, thyme and/or sage, or ¾ teaspoon mixed dried herbs, crumbled.

* The *Gourmet* recipe calls for a 14 ½ oz can of diced tomatoes including juice – so you could use that, though I've not tried it.

Preparation

1. Mince garlic, onions and slice tomatoes in half. Rinse and drain beans and wash spinach if needed.
2. In large skillet, sauté the onions and garlic in the oil over medium heat, stirring occasionally, until the onions are soft and clear – about 5-10 minutes.
3. Add herbs if using, and the halved tomatoes (or canned tomatoes, with juice) and cook until the tomatoes basically melt down – about 5-10 minutes.
4. Add beans and cheese and cook until cheese is melted – about 3-5 minutes
5. Add spinach and keep on heat, stirring, until spinach leaves are lightly cooked.

Enjoy... great with a nice, crusty bread!

January 29, 2012
Karen Swanson
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Going Lo-Co Turkey Sausage & White Bean 'Cassoulet'

(adapted from Lisa G. and *Gourmet* recipes)

Ingredients

- 1 package Shady Brook Farm Sweet Italian Turkey Sausage Links
- 5 cloves garlic, minced
- 2 onions, minced
- ~1 TB Grapeseed or Olive Oil (could use less)
- Tomatoes: 1 lb Campari tomatoes, halved (or plum/medium-sized tomatoes, quartered)*
- 19 oz can of white beans – cannellini (or Navy or Great Northern), rinsed and drained. Could use 2 cans.
- 6 oz baby spinach leaves (can use more)
- Asiago (or freshly grated Parmesan or Romano Pecorino) cheese to taste
- OPTIONAL: 1 ½ teaspoon mixed chopped fresh herbs such as rosemary, thyme and/or sage, or ¾ teaspoon mixed dried herbs, crumbled.

* The *Gourmet* recipe calls for a 14 ½ oz can of diced tomatoes including juice – so you could use that, though I've not tried it.

Preparation

1. Mince garlic, onions and slice tomatoes in half. Rinse and drain beans and wash spinach if needed.
2. In medium skillet brown sausages in oil over moderate heat, turning them until browned on all sides and cooked through, about 8 minutes. Transfer to paper towels to drain.
3. In same skillet (add a bit of oil if needed), sauté the onions and garlic in the oil over medium heat, stirring occasionally, until the onions are soft and clear – about 5-10 minutes.
4. Add herbs if using, and the halved tomatoes (or canned tomatoes, with juice) and cook until the tomatoes basically melt down – about 5-10 minutes.
5. Meanwhile, cut sausage into 1/4 -inch-thick slices.
6. Add sausage, beans and cheese and cook until cheese is melted – about 3-5 minutes
7. Add spinach and keep on heat, stirring, until spinach leaves are lightly cooked.

Enjoy... great with a nice, crusty bread!

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