

## Great Northern Beans with Tomatoes and Herbs

(Makes 8 servings)

(V) – This recipe is a vegan option recipe!

*This is a quick and easy dish that's perfect for using up those last-of-the-season tomatoes. This recipe from the Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook can serve as either a simple side for a grilled entrée or a vegetarian main course.*

### **Ingredients:**

- Two 15.5-ounce cans Great Northern beans
- Olive oil cooking spray
- 1 small onion, finely chopped
- 1 carrot, finely chopped
- 2 garlic cloves, minced
- 5 large plum tomatoes, chopped
- 1/3 cup dry red wine
- 1 spring fresh rosemary
- 4 fresh sage leaves, chopped
- Freshly ground pepper

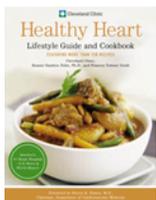
### **Directions:**

- 1) Place the beans in a colander and rinse well under cold water. Set aside.
- 2) Coat a nonstick pot with cooking spray. Add the onion and carrot. Sauté for 5 minutes over medium heat, until the onion wilts.
- 3) Add the garlic and tomatoes. Continue to sauté for another 5 minutes, until the tomatoes soften.
- 4) Stir in the red wine, rosemary, and sage with the drained beans. Simmer, uncovered, stirring occasionally, for 10 minutes, or until the sauce is reduced by a quarter and the flavors have blended.
- 5) Discard the rosemary and season with pepper. Serve immediately.

### **Nutritional Analysis:**

- Calories: 160 (3% calories from fat)
- Total Fat: 0.5 g
- Saturated Fat: 0 g
- Protein: 10 g
- Carbohydrates: 29 g
- Dietary Fiber: 7 g
- Cholesterol: 0 mg
- Sodium: 15 mg
- Potassium: 578 mg

### **Source:**



*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*