



Anasazi Beans 'n Greens

- 2 cups dried Anasazi, cooked*
- 1 garlic clove, minced
- 1/4 cup currants or chopped raisins
- 1/2 cup organic power greens, rough chopped (baby chard, kale, and spinach)*
- 3 Tablespoons cooked bacon bits, optional
- 2 Tablespoons olive oil
- 2 Tablespoon balsamic vinegar
- Salt and black pepper to taste
- 1 edible marigold flower petals
- Garnish: two small edible marigold flowers with leaves

Place cooked beans in large bowl; add minced garlic, currants, greens and bacon if desired. In a separate container; combine oil and vinegar; add to bean mixture; toss to coat. Season with salt and pepper. Use only bright orange part of flower petals; add to bean mixture. Place on serving platter; garnish with a few marigold flowers and leaves. Serve warm or room temperature.

Serves: 4

***Cooking Directions for Beans:** Rinse and drain beans. Place beans in a large saucepot and cover with 2 inches cold water. Bring to a boil. Reduce heat to low, cover and simmer 1 hour or until tender. Drain beans. Set aside. <http://www.wholefoodsmarket.com/recipe/anasazi-beans-and-rice-kielbasa>

Recipe inspired by: Edible Wild Plants by John Kallas, PHD., Gibbs Smith.

Cook's Note: Make sure that the flowers you use are edible. You can even substitute dandelion flowers. See our April website for information about Anasazi beans

About the Recipe: These beans turn a pale pink when cooked and are slightly sweet with a meaty texture. They combine deliciously with the combination power greens and a light vinegar and oil dressing. Cooked bacon bits can be added if desired.