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Single Serving Simple Supper:
Garlic, Swiss Chard, Butter Beans & Freekeh

Ingredients for 1 serving:

- 1 cup cooked butter beans (Eden brand)
- 2 cups cooked Swiss Chard
- 1 cup cooked Freekeh
- ½ clove garlic
- ¼ cup onion

Directions:

1. Chop & sauté garlic & onion in water
2. Add Swiss Chard and steam slightly
3. Add butter beans to warm
4. Cook grain separately - 1:1 liquid to grain ratio

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 434	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 227 mg	9 %
Potassium 1024 mg	29 %
Total Carbohydrate 86 g	29 %
Dietary Fiber 21 g	83 %
Sugars 3 g	
Protein 21 g	42 %
Vitamin A	88 %
Vitamin C	41 %
Calcium	13 %
Iron	41 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	