Tuscan Beans  
Serves 6

Ingredients:  
2 teaspoons extra virgin olive oil3/4 cups chopped onion3/4 cups peeled and chopped carrot3/4 cups chopped celery1 teaspoon minced fresh garlic2 cups cooked cannellini beans1/2 teaspoon each chopped, fresh sage, rosemary, oregano2 teaspoon grated lemon peel1 cup chicken stock3/4 teaspoons sea salt1/4 teaspoon freshly ground black pepper2 tablespoons Parmesan cheese

Instructions:

1.  In a large sauté pan, sauté celery, carrots, onions in olive oil for 2 minutes. Add garlic and sauté for 1 minute. 2.  Lightly stir in beans, herbs, lemon peel, chicken stock, salt and pepper. Let simmer until liquid is reduced by 1/2.3.  Finish by stirring in Parmesan cheese.

Nutritional Information Per Serving (1/2 cup): Calories 125, Fat 2 gm, Carbs 20 gm, Protein 8 gm, Cholesterol 3 mg, Sodium 225 mg, Fiber 5 gm