**Black Bean Brownies**

**Ingredients**
- 14-ounce can black beans, drained & rinsed
- 2 large eggs
- ⅓ cup applesauce, unsweetened
- 15 dates, pitted (if using Medjool use 10-12)
- 2 tablespoons brewed coffee
- 1 teaspoon pure vanilla extract
- ½ cup cocoa powder
- ¼ teaspoon salt
- ½ teaspoon baking soda
- ½ cup + ¼ cup chocolate chips
- Cooking spray

**Directions**
1. Preheat oven to 350 degrees. Line an 8x8-inch baking dish with parchment paper and coat with cooking spray.
2. Add all ingredients, except chocolate chips, to a powerful blender or food processor and process until smooth. Add ½ cup chocolate chips and stir to mix.
3. Pour batter into baking dish, top with ¼ cup chocolate chips and bake for 30 minutes. Remove from the oven and let brownies cool for 5 minutes. Transfer to a cooling rack and let cool completely before slicing. Cut into squares.

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**Greens and Beans**

**Ingredients**
- 1-2 tablespoons olive oil
- 4 cloves garlic
- 4 cups (1 quart) vegetable broth
- 1/8 teaspoon red pepper flakes
- 2 x 15-ounce cans cannellini (white) beans, drained
- 2 teaspoons chopped fresh oregano (or 2/3 teaspoon dried)
- 1 head escarole, cleaned and chopped into bite-size pieces

**Directions**
1. Heat oil in a saucepan over medium heat. Add garlic and cook, stirring occasionally, until bubbling, about 20 seconds. Add broth. Bring to a boil and cook 6 to 8 minutes. Stir in red pepper flakes.
2. Add beans and bring to a boil. Cook 6 to 8 minutes. Stir in oregano and simmer for 3 minutes.
3. Add escarole to bean mixture and cook until crisp-tender, about 10 minutes. Season with salt and pepper to taste. Optional: garnish with additional red pepper flakes.

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Fava Beans, also known as broad beans, are in season late March to early May. Remove tough outer skin and cook shelled beans in boiling water.

Protein-packed, fiber-rich legumes are a popular meat substitute to help you stay full and energized. Toss shelled, cooked beans into your next salad for a protein boost.