

Apple Bean Bake

Adapted from beaninstitute.com

Recipe type: side dish

Serves: 6

Time: 10 minutes



Ingredients

- 1 (16 ounce) can (or 1 ½ cups cooked) navy beans, rinsed and drained
- 2 golden delicious apples, cored and cubed
- ¼ teaspoon cinnamon

Directions

1. Combine ingredients in a microwave-safe dish and cover.
2. Microwave on high for 4 minutes.
3. Stir and microwave for another 4 minutes, or until apples rise to the surface. Serve warm.



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