

Chickpeas and Spinach Sauté

This chickpea and spinach sauté is an easy and versatile way to eat your vegetables and up your fiber for the day. This dish can be enjoyed by itself, with brown rice or quinoa, or with meat of choice. Any herbs or spices could be added to this dish to create desired flavors.

Yield: 4 servings

Serving Size: 1 1/4 cup

Ingredients:

- 1 Tablespoon vegetable or olive oil
- 1 yellow onion, chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 clove garlic, minced
- 1 can (14.5 ounce) low sodium diced tomatoes
- 1 can (16 ounce) low-sodium chickpeas, drained and rinsed
- ½ teaspoon salt
- ¼ cup water
- 1 package (10 ounce) frozen spinach
- 1 teaspoon fresh lemon juice
- ¼ teaspoon crushed red pepper flakes
- Cooked quinoa or brown rice (optional)

Instructions:

1. Place large skillet on stove over medium high heat. Add oil.
2. Add onion, celery, and carrot, and cook about 15 minutes until vegetables begin to get soft and onions are lightly browned. Add garlic and saute until fragrant, about 30 seconds.
3. Raise the heat to high and add tomatoes, chickpeas, salt, and water and cook for 5 minutes. Lower the heat to low and top the mixture with the spinach. No need to stir. Cover and cook until spinach is thawed and heated through, about 10 minutes.
4. Add the lemon juice and red pepper flakes, stir thoroughly.
5. Can be served alone or with cooked brown rice or quinoa (not included in nutrition facts).

Per serving: Calories 343 kcal, Carbohydrates 66g, Protein 13g, Sat Fat 3g, Sodium 486 mg, Fiber 9g, Added Sugars 0g

This recipe was taken from <https://eat-move-save.extension.illinois.edu/eat/recipes/chickpeas-and-spinach-saute>