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Chickpeas and Spinach Sauté

Servings: 4 **Prep Time: 20 min.** **Cook Time: 30 min.**

Ingredients

- 1 Tbsp (15mL) vegetable oil
- 1 yellow or red onion, peeled and minced
- 1 clove of garlic, peeled and chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 14.5-ounce can (411g) low-sodium diced tomatoes with liquid
- 1 16 ounce (439g) can low-sodium chickpeas/garbanzo beans, rinsed with cold water
- ¼ cup (60 ml) water
- 1 10-ounce package frozen spinach
- 1 tsp (5 mL) fresh lemon juice
- ¼ tsp (1.25mL) red pepper flakes

Directions

Wash hands before preparing recipe. Put a skillet on the stove over medium-high heat. Add vegetable oil.

Add onion, garlic, celery, carrots and cook for 15 minutes. Vegetables should be soft, and the onions are lightly brown.

Raise the heat to high and add the tomatoes, chickpeas, and water. Cook for an additional 5 minutes.

Lower the heat and top with frozen spinach. Cover and cook until the spinach thawed and is heated through, about 10 minutes. Stir well.

Add the lemon juice and red pepper flakes and stir thoroughly.

Serve with cooked quinoa or brown rice.

Recipe Source: USDA Center for Nutrition Policy and Promotion