

Chickpeas and spinach sauté



Recipe credit

USDA Center for Nutrition Policy and Promotion

About this recipe

Serves

4

Serving size

1 1/4 cup

Ingredients

- 1 tablespoon vegetable oil

- 1 yellow onion (peeled and chopped)
- 1 clove garlic (peeled and minced)
- 1 celery stalk (chopped)
- 1 carrot (chopped)
- 1 can 14.5 ounce low-sodium diced tomatoes (including liquid)
- 1 can 16 ounce low-sodium chickpeas (drained and rinsed with cold water)
- 1/4 cup water
- 1 package 10 ounce frozen spinach (kale can be used instead of spinach)
- 1 teaspoon fresh lemon juice (or red vinegar)
- 1/4 teaspoon Crushed red pepper flakes

Directions

1. Put a skillet on the stove on medium high heat. When the skillet is hot, add oil.
2. Add onion, garlic, celery and carrot and cook about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high and add the tomatoes, beans (white beans instead of chickpeas) and water and cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.
5. Serve with cooked quinoa or brown rice

Nutritional info

Calories

193

Total fat

7 g

Saturated fat

1 g

Cholesterol

0 mg

Sodium

256 mg

Total carbohydrates

28 g
Dietary fiber
10 g
Protein
10 g
Total sugar
8 g
Allergens
Soy

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