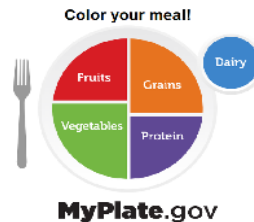


CHICKPEA & SPINACH SAUTÉ



Serving size: 1 1/4 cups Number of servings: 4

Ingredients

1 celery stalk, chopped
1 yellow onion, peeled & chopped
1 carrot, chopped
1 can chickpeas, low-sodium, drained & rinsed
1 can tomatoes, no salt added
1 clove garlic, peeled & minced

10oz spinach, fresh or frozen
1 tsp lemon juice
1 tbsp vegetable oil
1/4 cup water
1/4 tsp red pepper flakes
1 cup cooked quinoa or brown rice

Directions

1. Heat oil in a skillet over medium-high heat. Add onion, garlic, celery, & carrot and cook about 15 minutes or until the mixture is soft and the onions are lightly browned.
2. Raise the heat to high and add the tomatoes, chickpeas, & water and cook for 5 minutes.
3. Lower the heat to low and top the mixture with spinach. Cover and cook until the spinach is heated throughout.
4. Add the lemon juice and red pepper flakes and stir thoroughly.
5. Serve with cooked quinoa or brown rice.

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