

Chickpeas and Kale

Number of servings: 4

Preparation time: 15 minutes

Total time: 25 minutes

Ingredients:

- 1 can of chickpeas, rinsed
- ½ onion, chopped
- 2 cloves of garlic, minced
- 2 tablespoons olive oil
- ½ teaspoon of cumin
- ½ teaspoon black pepper
- 1/8 teaspoon salt
- 1 bunch of kale, center rib removed and leaves torn into pieces
- 1 teaspoon lemon juice
- Parmesan cheese to taste

Equipment Needed:

- Cutting board
- Knife
- Large non-stick sauté pan and cover
- Wooden spoon
- Measuring spoons and cup

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Join us on social media:
www.facebook.com/vafnp
www.twitter.com/vafnp

Directions

- Chop ½ onion and mince 2 cloves of garlic. Wash kale and remove center ribs and tear leaves into pieces.
- Pour olive oil into a sauté pan and allow it to heat up over medium-high heat.
- Add onion and garlic, cook, stirring occasionally, until onions are soft. (5-8 minutes)
- Add kale to the pan, along with cumin, lemon juice, pepper and salt. Cover pan and allow kale to get tender (8-10 minutes)
- Add chickpeas to the pan and heat through.
- Serve hot with a dash of parmesan cheese if desired.



This can be served over pasta as a main dish. Vary your protein sources by eating beans to save money!

Nutrition Facts

Serving Size: 1.5 cups
 Recipe makes 4 servings

Calories 258

Calories from Fat 88

Amount Per Serving

	%DV
Total Fat 10g	15%
Saturated Fat 1g	6%
Monounsaturated Fat 6g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 87 mg	4%
Potassium 542 mg	15%
Total Carbohydrate 34g	11%
Dietary Fiber 9g	37%
Protein 10g	21%
Vitamin A	15%
Vitamin C	40%

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.