

Eat Smart • Move More

Chickpeas and Kale

Prep Time: 15 minutes

Total Time: 25 minutes



Ingredients

- 2 tablespoons olive oil
- ½ onion, chopped
- 2 garlic cloves, minced
- 1 bunch kale, center stem removed and chopped
- 1 teaspoon lemon juice
- ½ teaspoon cumin
- ½ teaspoon ground black pepper
- ⅛ teaspoon salt
- 15 ounces canned low-sodium chickpeas, drained and rinsed
- 2 tablespoons reduced fat grated Parmesan cheese

Directions

- Heat oil in a skillet over medium-high heat. Add onions and garlic and sauté, stirring occasionally, until soft.
- Add kale, lemon juice, cumin, black pepper, and salt to the skillet. Cover and cook until kale is tender and wilted, about 8-10 minutes.
- Add chickpeas and heat through.
- Sprinkle with parmesan cheese to serve.

Nutrition Facts

4 servings per container		
Serving size		1 serving
		(219.9g)
Amount per serving		
Calories		210
		% Daily Value*
Total Fat	10g	13%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	<5mg	0%
Sodium	220mg	10%
Total Carbohydrate	24g	9%
Dietary Fiber	8g	29%
Total Sugars	5g	
Includes g of Added Sugars		
Protein	10g	
Vitamin D	0mcg	0%
Calcium	201mg	15%
Iron	3mg	15%
Potassium	608mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Serve over whole-wheat pasta as a main dish.
- ▶ Vary your protein sources by eating more beans. It will save you money!
- ▶ Try Red Russian kale or Lacinato kale. They're less fibrous than the usual curly kale.

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(Recipe adapted from Kate McMillan Williams-Sonoma Vegetable of the Day, as listed at: <https://www.williams-sonoma.com>.)

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