

Chickpea Side Dish



Serve with a meat or other protein, such as our [Mediterranean-style whole chicken](#).

Preparation 5 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 80

Fat 1

Carbohydrates 12

Fibre 4

Protein 5

Sodium 140

Ingredients

- 1 shallot, minced
- 540 ml (19 oz) chickpeas, rinsed and drained
- 125 ml (½ cup) vegetable broth or water
- 1500 ml (6 cups) fresh baby spinach
- 2.5 ml (½ tsp) curry powder
- 2.5 ml (½ tsp) paprika

Preparation

1. In a skillet, heat oil over medium heat. Sauté shallot for 3 to 4 minutes.
2. Add chickpeas and cook for 3 minutes.
3. Stir in vegetable broth or water and baby spinach and cook until spinach is reduced, about 3 minutes.
4. Add spices and mix well. Remove from heat and serve.

Notes



Carol-Ann Robert – Nutritionniste Diététiste à Halifax | Directrice marketing
Registered Dietitian Nutritionist in Halifax