

Two Quick & Easy Chickpea and Spinach Recipes

Ingredients

- 1 tbsp Olive Oil
- 1 can Chickpeas
- 1 tsp Curry Powder
- 1/2 tsp Ground Ginger
- 1/4 tsp Black Pepper
- 5 oz Baby Spinach

Directions

1. In a large skillet, heat oil.
2. Add the chickpeas, curry powder, ginger, and pepper, and stir to coat.
3. Add the spinach, and cook while gently stirring for 2 minutes or until spinach wilts.
4. Divide into fourths and serve warm.

Ingredients

- 8 oz Whole-Grain Pasta
- 1 tbsp Olive Oil
- 1 can Chickpeas
- 1 cup torn Baby Spinach
- 2 tbsp Seasonings
- 2 oz Lemon Juice

Directions

1. Cook pasta according to package.
2. Heat olive oil in a large skillet over medium heat. Add the chickpeas and sauté for 6 minutes.
3. Then add the pasta, spinach, seasonings, and lemon juice. Stir for 2 minutes or till spinach wilts.
4. Divide into fourths and serve warm.



Spinach and Chickpeas are both excellent sources of calcium, dietary fiber, iron, and potassium.