



Mediterranean Chickpeas with Vegetables

Hearty meal on chilly evenings. Have leftovers for lunch the next day.

Serves 4

- 1 Tbsp. olive oil
- 1 cup diced onion
- 2 garlic cloves, minced
- 2 tsp. dried basil
- ½ tsp. black pepper
- 2 bay leaves
- 1 (28 oz) can diced tomatoes, undrained
- 1 can chickpeas (garbanzo beans), rinsed and drained
- 2 cups diced zucchini or chopped Swiss chard or kale
- 1/3 cup grated parmesan cheese

- Heat oil in large nonstick skillet over medium-high heat until hot. Add onion and garlic; sauté 3 minutes.
- Add basil through tomatoes. Bring to boil, and reduce heat to medium.
- Cook 5 minutes, stirring occasionally.
- Add chickpeas and, cook 3 minutes stirring occasionally.
- Add zucchini or greens and cook for 3 minutes or until vegetables are tender.
- Discard bay leaves.
- Garnish with grated parmesan cheese

Nutritional Information:

Calories: 339

Saturated Fat: 1.5g

Dietary Fiber: 11g

Total Fat: 8g

Carbohydrates: 54g

Protein: 16g