

Spinach with Chickpeas

2 lb Fresh Spinach
15-oz chick peas (garbanzo beans), rinsed and drained
1 Tablespoon olive oil, plus 2 teaspoons
2 cloves garlic, minced
2 teaspoons cumin
1 slice whole wheat bread (best if 1-2 days old)
2 teaspoons paprika

Steam Spinach. Remove from heat and pour out most of the water but not all of it, about 1 tablespoon. Place spinach in medium pot with chickpeas. Set aside.

Next, in a small skillet add 1 tablespoon olive oil and heat. Add garlic cloves and sauté until light brown, about 1-2 minutes. Remove garlic from pan using spoon, and place in a small bowl or mortar. Now, add bread slice to same skillet used to brown garlic until crispy and toasted. Place in bowl with garlic. Add to bowl cumin and liquid from the spinach. Mash until a paste is formed (does not have to be completely mashed to bits). Add to spinach and chickpeas.

Now, add 2 teaspoons olive oil to small skillet again and heat. Add paprika and whoosh around in skillet for 5-10 seconds until it becomes a darker red. Remove immediately and add to spinach pot. Mix whole spinach mixture and turn on heat. Simmer 5-10 minutes.

Makes 4 servings, one serving =1 cup

Calories 180 Fat 7g Carbohydrate 24g Dietary Fiber 5g Protein 7g Sodium 85mg