

## Mediterranean Chickpea Bowl

### Ingredients

- 4 cups baby spinach or mixed greens, rinsed
- ¼ cup cooked brown rice multicolored quinoa, or couscous
- 1 pint cherry or grape tomatoes, halved
- 1 English cucumber, diced
- ½ red onion, finely diced
- Fresh mint leaves (optional)

### Toasted Chickpeas

- 1 – 16 ounce can chickpeas
- ½ Tablespoon smoked paprika
- ½ Tablespoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon salt free seasoning
- 1 Tablespoon olive oil, divided
- 1 clove garlic, minced
- Pepper or cayenne to taste

### Instructions

1. Rinse the chickpeas and drain them.
2. Dry the chickpeas lightly with a paper towel.
3. Once dry, add the seasonings and half of the olive oil. Stir to combine.
4. Warm a skillet over medium high heat.



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5. Add the other half of olive oil to the skillet.
6. Add the seasoned chickpeas to the skillet and stir for 3-5 minutes until warm.
7. Turn off the heat and add the minced garlic and stir again.
8. Assemble bowls using the greens as the base. Serve with tzatziki or garlic sauce.

## **Nutrition Information**

Recipe serves 4

175 calories, 6 g fat, 24 g carb (6.7 g fiber, 5 g sugar) 7 g protein, 275 mg sodium



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