

MonkeyDish

Sicilian Chickpeas and Spinach



Ingredients

3 tbsp. olive oil
6 garlic cloves, chopped
2 lb., 4 oz. fresh spinach leaves
1 lb. (3 cups) cooked chickpeas
1 1/2 tsp. smoked Spanish paprika
1 1/2 tsp. sea salt
1 tsp. toasted cumin seeds
1 tbsp. fresh lemon juice
Grated lemon zest, optional

Methods/Steps

1. Heat olive oil in large skillet over med. heat. Add garlic; sauté until beginning to brown. Stir in spinach leaves; cook until wilted.
2. Combine chickpeas with paprika, salt, toasted cumin and fresh lemon juice.
3. To serve, stir chickpea mixture into wilted spinach and garlic. Cook until heated through. Garnish with lemon zest, if desired.

Recipe courtesy of
Culinary Visions Panel

Description

There's been a push by nutritionists for Americans to eat meatless one day a week. Restaurants have hopped on board, with many offering "Meatless Mondays" and a greater number of vegetarian options. The chefs on the Culinary Visions Panel ease the way with a tasty medley of chickpeas and spinach heightened with cumin and smoked paprika.

At a glance

Region

Mediterranean

Main Ingredient

Beans/Legumes,
Vegetables

Menu Part

Entrée

Serves

12