



Spicy Chickpeas with Quinoa

| U.S. | | Metric |
|----------------|-------------------------------|---------------|
| 1 Tbsp | Olive Oil | 15 mL |
| 3 cloves | Garlic, minced | 3 cloves |
| 1 each | Onion, medium dice | 1 each |
| 2 cups | Vegetable Stock or water | 475 mL |
| 1 (15 oz) can | Diced tomatoes | 1 (425g) can |
| 1 Tbsp | Tomato paste | 15 mL |
| 1 tsp | Cumin, ground | 1.5g |
| 1/2 tsp | Red Pepper Flakes | 0.5g |
| 1/2 tsp | Kosher Salt | 3g |
| To taste | Black Pepper, ground | To taste |
| 1 cup | Quinoa, rinsed | 113 g |
| 2 (15 oz) cans | Chickpeas, drained and rinsed | 2 (425g) cans |
| 1 each | Lemon, cut in half | 1 each |
| 4 stalks | Green onions, sliced thin | 4 stalks |
| 1 each | Avocado | 1 each |

Preparation:

1. Gather all ingredients and equipment.
2. Heat olive oil in a medium saucepot over medium heat. Once the oil is hot, add the onions and garlic. Cook about 3 minutes, constantly stirring.
3. When the onions are soft, add the stock or water, diced tomatoes, tomato paste and spices. Stir to combine and bring to a boil.
4. Once boiling, add the quinoa and chickpeas. Stir to combine, reduce to a simmer, and cover. Cook the quinoa until liquid is absorbed and grains begin to visually "sprout," about 15-20 minutes.
6. While the quinoa is cooking, juice one half of the lemon. Cut the other half of the lemon into wedges to use as a garnish.
7. Slice green onions thinly and and dice the avocado.
8. Once the quinoa is cooked, stir in the lemon juice. Top with green onion and avocado, and serve the remaining lemon wedges on the side.

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size 1 1/4 cups

Amount per serving

Calories 310

Calories from Fat 100

Total Fat 11 g

Saturated Fat 1.5 g

Trans Fat 0 g

Monounsaturated Fat 6 g

Cholesterol 0 mg

Sodium 350 mg

Total Carbohydrate 42 g

Dietary Fiber 10 g

Total Sugars 2 g

Includes 0g Added Sugars

Protein 11 g

Vitamin D 0 %

Calcium 6 %

Iron 15 %

Potassium 486 mg

Phosphorus 118 mg
