



Spicy Chickpeas with Quinoa

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Olive Oil	15mL
3 cloves	Garlic, minced	3 cloves
1 each	Onion, medium dice	1 each
2 cups	Vegetable Stock or water	475mL
1 (15 oz) can	Diced Tomatoes, no salt added	1 (425g) can
1 Tbsp	Tomato Paste	15mL
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	113g
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, diced	1 each

Preparation:

1. Gather all ingredients and equipment.
2. Use mesh strainer and rinse the quinoa under cold water until the water runs clear.
3. To rinse the chickpeas, drain and rinse them under cold water in a strainer.
4. Heat olive oil in a medium saucepot over medium heat. Once the oil is hot, add the onions and garlic. Cook for about 3 minutes, stirring occasionally.
5. When the onions are soft, add the stock or water, diced tomatoes, tomato paste and spices. Stir to combine and bring to a boil.
6. 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.
7. 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.
8. Slice green onions thinly and and dice the avocado.
9. Once the quinoa is cooked, stir in the lemon juice. Top with green onion and avocado, and serve with 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 **300**

Total Fat 10 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated Fat 4.5 g

Cholesterol 0 mg

Sodium 420 mg

Total Carbohydrate 47 g

 Dietary Fiber 11 g

 Total Sugars 8 g

 Includes 0g Added Sugars

Protein 11 g

Vitamin D 0 %

Calcium 7 %

Iron 16 %

Potassium 600 mg

Phosphorus 230 mg
