

## Chickpeas and Spinach Saute

- 1 Tbsp. vegetable oil
- 1 yellow onion (chopped)
- 1 clove garlic (minced)
- 1 celery stalk (chopped)
- 1 carrot (chopped)
- 1 14.5-ounce can low-sodium diced tomatoes
- 1 16-ounce can low-sodium chickpeas (drained and rinsed with cold water)
- ¼ cup water
- 1 10-ounce package frozen spinach
- 1 tsp. fresh lemon juice
- ¼ tsp. crushed red pepper flakes

### PREPARATIONS

1. Put a skillet on the stove on medium-high heat. When the skillet is hot, add oil.
2. Add onion, garlic, celery and carrot and cook about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high, add the tomatoes, chickpeas and water, and cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.

Makes: 4 servings

### Nutritional Information (per serving)

Total Calories	193
Total Fat	7 g
Protein	10 g
Carbohydrates	28 g
Dietary Fiber	10 g
Saturated Fat	1 g
Sodium	256 mg
Total Sugars	8 g

Source: USDA