

Middle Eastern Chickpeas With Spinach

From – *Moosewood Restaurant Low-Fat Favorites*

Sauce

2/3 cup plain nonfat yogurt
1 small garlic clove, minced or pressed
1 tsp chopped fresh mint (½ tsp dried)
dash of salt

Beans

1 medium onion, chopped
2 tsp olive oil
1 bell pepper, seeded and cubed
2 tsp ground coriander
1 tsp ground cumin
pinch of saffron
1 ½ cups canned chickpeas, with liquid reserved (16 oz can)
10 oz spinach – rinsed, stemmed and coarsely chopped
2 tbs fresh lemon juice
salt and ground pepper to taste

Pasta

Cooked orzo

- Combine the yogurt, garlic, mint and salt in a bowl and set aside to blend the flavors.
- In a skillet, saute` the onions in the oil on medium heat until softened, about 6 to 8 minutes.
- Add the bell pepper, coriander, cumin and saffron and continue to saute` for another 2 or 3 minutes, stirring often.
- Stir in the chickpeas and ¼ cup of their liquid and simmer for about 5 minutes until the peppers are just tender (adding more of the reserved chickpea liquid if necessary).
- Add the spinach and cook, stirring often, for 2 or 3 minutes – until the spinach is bright and wilted.
- Stir in the lemon juice and add salt and pepper.
- Serve immediately on orzo topped with the yogurt sauce.



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