

Garlicky Swiss Chard with Chickpeas

Prep Time 10 mins Total Time 20 mins

Meal Type Lunch, Dinner, Side

Contributed By

LivingPlateR

Source Living Plate Teaching Kitchen

Servings 4



Ingredients



- 2 lb Swiss chard, spines removed and leaves chopped
- 1/2 cups onion, chopped
- 2 cloves garlic, minced
- 1 1/2 cups chickpeas, canned, drained and rinsed
- 1 tsp cumin seed
- 2 Tbs olive oil
- 1/2 lemon, cut into wedges
- salt, to taste
- black pepper, to taste

Directions

Prep

- 1. Remove spines from the chard. Chop leaves and stems, keeping stems separate.
- 2. Chop onion. Mince garlic.

Make

- Add olive oil to skillet and over medium heat, sauté chard stems, onion, and garlic until softened and fragrant.
- 2. Add chickpeas and cumin seeds and continue to sauté until fragrant.
- 3. Add leaves of chard, stir, remove from heat, and cover until wilted.
- 4. Serve with lemon wedges and season with salt and pepper to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition	,	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
Facts		Total Fat 8.8g	13%	Total Carbohydrates 25g	8%	* The percent Daily Value (DV) tells you how much a
		Saturated Fat 1.1g	5%	Dietary Fiber 8g	31%	
		Trans Fat 0.0g		Total Sugars 6g		nutrient in a serving of food contributes to a daily diet.
Calories	196	Cholesterol 0mg	0%			2,000 calories a day is used
per serving		Sodium 606mg	26%	Protein 9g		for general nutrition advice.
		Vitamin D 0mcg 0% · Calcium 154mg 15% · Iron 5mg 28% · Potassium 976mg 20%				

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