



Garlicky Swiss Chard with Chickpeas

Prep Time

10 mins

Total Time

20 mins

Meal Type

Lunch,Dinner,Side

Contributed By

LivingPlateRx

Source

Living Plate Teaching Kitchen

Servings

4



Ingredients

lb,c

g,ml

- 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**
 1. 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.

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