

Chickpea and Spinach Topper

Prep Time: 5 minutes

Cook Time: 10 minutes

Makes 4 servings



Ingredients:

1 Tablespoon butter
2 cloves garlic, finely chopped (or 2 teaspoons minced)
1 cup canned chickpeas, drained and rinsed
1 bunch fresh spinach (about 4 cups)
1/4 teaspoon salt
1/8 teaspoon black pepper
Paprika (optional)
4 slices, 1/2 inch thick slices French bread or other hearty bread

Directions:

1. Melt butter in pan over medium heat. Add garlic and cook 1 minute.
2. Stir in chickpeas and spinach and cook 2 to 5 minutes until spinach cooks down, but is still bright green. Add salt, pepper, and paprika (if desired) stir until thoroughly combined.
3. Toast bread of choice in toaster or in the oven for 2-5 minutes at 450 degrees. Top bread slices with spinach mixture and serve immediately.

Dark leafy greens and other colorful fruits and vegetables are rich in cancer-fighting chemicals.



Cerro Gordo County
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

Substitutes:

- Try recipe using other types of beans, such as white beans or cannellini beans.
- Use different types of leafy greens such as kale or collard greens, instead of spinach.

Use whole grain bread varieties when possible. Look for the word “whole” in the ingredient list. Whole grain breads have more fiber to keep us full and contain important vitamins and minerals.

Serving Size: 1/4 recipe

Nutrition Facts:

Calories: 153
Fat: 4 g
Saturated Fat: 2 g
Sodium: 351 mg
Total Carbohydrates: 24 g
Fiber: 4 g
Protein: 6 g



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Recipe modified from: Brown, L., *Good and Cheap: Eat Well on \$4/Day*. 2014. Web. <http://www.leannebrown.com/cookbooks/>

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