

Spanish Spinach and Chickpeas

Ingredients:

- 1 bunch fresh spinach, cleaned and chopped small
- 2 cups cooked chickpeas
- 2 cloves garlic, crushed
- 2 tbsp. sweet paprika
- 1 tbsp. cumin
- 1 tbsp. vinegar (optional)
- 2 tbsp. extra virgin olive oil
- ¼ tsp. salt



Nutrition Facts

Serving Size 6 oz (185g)
Servings Per Container 4

Amount Per Serving

Calories 230 Calories from Fat 90

| | | % Daily Value* | |
|--|-----------|----------------|------------|
| Total Fat 10g | | | 15% |
| Saturated Fat 1.5g | | | 8% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 220mg | | | 9% |
| Total Carbohydrate 29g | | | 10% |
| Dietary Fiber 10g | | | 40% |
| Sugars 5g | | | |
| Protein 11g | | | |
| Vitamin A 190% • Vitamin C 40% | | | |
| Calcium 15% • Iron 35% | | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |



Directions:

1. Place chopped spinach in a heated pot, cover until spinach collapses and is about half cooked.
2. Mix paprika and cumin together. Heat oil in a large skillet. When hot, toss in spices and remove from heat.
3. When spices are fragrant (in just seconds), toss in the spinach and mix well. Add chickpeas and heat through.
4. Drizzle with vinegar and serve.