

Garlic Chickpeas and Greens

Chickpeas, also known as garbanzo beans, are high in folate. This recipe also contains mustard greens, which are also high in folate, giving this simple dish almost 90% of the daily recommended amount. Mustard greens are grown year-round, so make this nutritious recipe anytime.

This recipe has been adapted several times, but was originally created by Chef Rachel Ray.

- 2 tablespoons extra virgin olive oil
- 6 cloves garlic, crushed and minced
- 1 pound trimmed mustard greens (or another green like Swiss chard, kale or escarole), coarsely chopped
- Sea salt & pepper
- 1 cup low-sodium chicken broth
- 2 (15-ounce) cans chickpeas, drained

Heat a skillet over medium heat. Add olive oil and garlic. Saute garlic in oil for 2 minutes, then add greens. Briefly wilt greens in garlic oil, season with salt and pepper. Add 1 cup chicken broth to the pan. Bring broth to soft boil. Cover pan, reduce heat to simmer and cook greens 7 – 8 minutes in broth. Uncover the pan. Add chickpeas. Adjust salt and pepper to taste. Serve.

Prep Time: 20 minutes

Yield: 4, 1 cup servings