

## Simmered Spinach and Chickpeas (Protein, Vegetable)



### Ingredients:

- 1 T canola oil
- 1 yellow onion, chopped
- 1 stalk celery, chopped
- 1 clove garlic, minced
- 1 carrot, chopped
- 1 can diced tomatoes, low sodium
- 1 can chickpeas, low-sodium, drained and rinsed
- 1/4 c water
- 1 lb spinach, frozen
- 1 t lemon juice
- 1/4 t crushed red pepper flakes (optional)
- 3 c brown rice, cooked

### Directions:

1. Heat a skillet over medium high heat. When hot, add canola oil.
2. Add celery, carrot, and onion and cook 10 minutes, until vegetables are soft.
3. Increase heat to high and add the tomatoes, beans, and water. Cook for 5 minutes.
4. Decrease heat to low and top the mixture with the frozen spinach.
5. Cover and cook until spinach is heated through, about 10 minutes. Stir well.
6. Serve atop cooked brown rice.

Makes 4 servings.



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