

Mideast Chickpea Bowl
Source: Tufts University



This is a surprisingly tasty one-dish meal. Takes about 25 minutes and serves two.

- 1 cup grated cucumber
- ½ cup 2% greek yogurt
- ¼ cup mint and/or cilantro, minced
- ¼ cup flat-leaf parsley and/or dill, minced
- ¼ tsp. + ¼ tsp. kosher salt
- 1 large onion, diced
- 2 Tbs. extra-virgin olive oil
- ¼ tsp. ground cumin
- ¼ tsp. ground coriander
- pinch of red pepper flakes
- 2 cups chopped fresh or 1 15 oz. can no-salt-added diced tomatoes
- 3 cloves garlic, minced
- 1 15 oz. can no-salt-added chickpeas, undrained (19 ounces won't hurt)
- 4 oz. baby spinach (more is good)

1. **Make the cucumber-yogurt sauce:** In a small bowl, combine the cucumber, yogurt, and herbs. Season with ¼ tsp. of the salt. Set aside.
2. In a large pan, sauté the onion in the oil until lightly browned, 5-7 minutes.
3. Stir in the cumin, coriander, pepper flakes, remaining ¼ tsp. of salt, tomatoes, and garlic. Cook for 1 minute.
4. Add the chickpeas with their liquid, stir in the spinach, and heat through. Let this sit for a while to absorb the flavours and then re-heat. Next day is great.
5. Divide into 2 bowls and top with the cucumber-yogurt sauce.

Per serving (3 cups):

- Calories: 460
- Total fat: 17 g
- Sat fat: 3 g
- Carbs: 58 g
- Fiber: 14 g
- Protein: 21 g
- Sodium: 610 mg