

Garbanzo Bean Stir Fry

Just Say Yes to Fruits and Vegetables

This delicious side is a great way to get more fiber from beans!



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Serves 4 • Serving: Serving: ¾ cup



Dried or canned garbanzo beans both work well in this recipe.

Ingredients:

- 1 tablespoon vegetable oil
- 1 chopped onion
- 3 finely chopped garlic cloves
- 2 cups cooked chickpeas (garbanzo beans)
- 4 cups chopped kale leaves
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried oregano
- 2 teaspoons parsley (optional)
- 2 tablespoons lemon juice
- Salt and pepper, to taste

Directions:

1. In a large frying pan, heat the oil over medium heat.
2. Add onions and garlic and cook until soft.
3. Add chickpeas and cook for about 5 minutes.
4. Add kale, oregano, and parsley, and cook for 6 more minutes.
5. Remove from heat and add lemon juice. Mix well.
6. Season with salt and pepper.
7. Serve immediately.
8. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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