

ANTI-INFLAMMATORY CHICKPEAS AND GREENS



SERVES: 2 PREP TIME: 10 MINUTES

INGREDIENTS:

- 1 can (15.5 ounces) chickpeas, drained and rinsed
- 1 can (14.5 ounces) diced tomatoes, not drained
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1-2 handfuls of spinach or kale, finely chopped

DIRECTIONS:

Combine Ingredients: Add all ingredients to a bowl (for the no-cook version), a pot (for stovetop cooking), or a microwave-safe dish (for microwave preparation) and stir well.

For the no-cook version, serve and enjoy.

For the stovetop version, cook mixture until greens wilt and contents reach desired temperature, about 5 minutes.

For the microwave version, cook mixture until greens wilt and contents reach desired temperature, about 3 minutes.

TIP:

This recipe is on the Quick Cooks App!