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**DIET CENTER**

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## **CHICKPEAS WITH SPINACH**

Final Lifestyle

### **Ingredients**

1 TSP olive oil  
1-1/2 cups chopped onion  
1 TSP bottled ground fresh ginger (such as Spice World)  
2 garlic cloves, minced  
1/4 cup water  
2 TBS tomato paste  
2 cups chopped spinach  
1 TSP chili powder  
1/8 TSP Morton's "lite" salt  
1 (15-1/2 oz.) can chickpeas (garbanzo beans), rinsed and drained  
1 TSP fresh lemon juice  
1 cup hot cooked basmati rice  
lemon wedges (optional)  
grated lemon rind (optional)

### **Instructions**

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add onion, ginger and garlic. Sauté 4 minutes or until mixture begins to brown.
3. Add water and tomato paste. Cook 2 minutes or until liquid evaporates, stirring constantly.
4. Stir in spinach, chili powder, salt and chickpeas. Cover. Reduce heat. Cook 5 minutes or until spinach wilts and mixture is heated.
5. Stir in juice. Serve over rice. Garnish with lemon wedges and rind, if desired.

**Portion-Per-Serving Information:** (Yields 2 servings)

Serving = 1 cup chickpea mixture and 1/2 cup rice = 1P, 2V, 1G