

# Chickpea and Brown Rice Pilaf

SERVES 4

---

## Ingredients

### FRESH PRODUCE

½ cup **onion** | diced

½ cup **carrot** | peeled and diced

**Juice of ½ lemon** (optional)

### FROZEN PRODUCE

1 10-ounce packet **frozen spinach** | defrosted

### PANTRY

1 15-ounce can of **chickpeas** | drained and rinsed

### SPICES AND OILS

2 tablespoons **olive oil**

1 teaspoon **garlic powder**

1 teaspoon **cumin**

### GRAINS

1 ½ cups uncooked **brown rice pilaf**

## EQUIPMENT



Cutting board



Spatula or spoon



Measuring spoons



Can opener



Knife



Large pan





Measuring cups

### MIX IT UP AND MAKE IT YOUR OWN

- You can increase the veggies in this dish by adding in things like finely diced carrots or bell peppers. Swap in arugula or baby kale for the spinach if you would prefer to try a different green.
- The chickpeas can be easily swapped for any other bean or even lentils. The combination of the legume (bean or lentil) and the whole grain (brown rice) gives you a protein-packed vegetarian dish. Pick what you like and enjoy!
- This recipe features cumin as the main spice, but if you do not like cumin, feel free to swap that out for your favorite spices. Garlic powder and thyme can replace the cumin.

# Directions

- 1 Prepare vegetables.
  - 2 Defrost **spinach** by placing in the microwave for 1–2 minutes.
  - 3 Heat a large pan over medium-high heat.
  - 4 Add **olive oil** to coat the bottom of the pan and then add onion, carrot and spices.
-  Cook for 3–5 minutes, until onions are translucent.
- 5 Add the **spinach** to the pan and allow to heat through.
  - 6 Add **chickpeas** and **rice pilaf**, stir to combine.
-  Cover and allow the pilaf to heat through for 5–10 minutes.
- 7 Serve  $\frac{1}{4}$  of the final dish with a squeeze of lemon juice. Enjoy!
  - 8 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

*Optionally serve with a dollop of plain Greek yogurt for added creaminess.*

## NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Nutrition Facts

1 serving per container  
 Serving size  
 1 each

**Calories** 300  
 per serving

| Amount/serving         | % Daily Value* |
|------------------------|----------------|
| <b>Total Fat</b> 10g   | <b>13%</b>     |
| Saturated Fat 1.5g     | <b>7%</b>      |
| Trans Fat 0g           |                |
| <b>Cholesterol</b> 0mg | <b>0%</b>      |
| <b>Sodium</b> 115mg    | <b>5%</b>      |

Vitamin D 0mcg 0% • Calcium 140mg 10% • Iron 4.2mg 25%  
 Potassium 600mg 15% • Phosphorus 240mg 20%

| Amount/serving                | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Carbohydrate</b> 44g | <b>16%</b>     |
| Dietary Fiber 9g              | <b>32%</b>     |
| Total Sugars 6g               |                |
| Includes 0g Added Sugars      | <b>0%</b>      |
| <b>Protein</b> 11g            |                |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** SPINACH, CHICKPEAS [WITH WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), DISODIUM EDTA (COLOR RETENTION)], BROWN RICE, ONION, CARROT, OLIVE OIL, GARLIC POWDER, CUMIN