

Chickpea Stir Fry

Ingredients:

- 1 tbsp. extra virgin olive oil
- ½ tsp. salt
- 1 yellow onion, diced
- 1 (15oz) can chickpeas (garbanzo), drained and rinsed
- 1 cup extra firm tofu
- 1 tsp. paprika
- 1 cup kale, chopped
- 2 zucchinis, diced
- 3 tbsp. fresh lemon juice



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 3

Amount Per Serving

Calories 210 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 400mg **17%**

Total Carbohydrate 22g **7%**

Dietary Fiber 5g **20%**

Sugars 2g

Protein 12g

Vitamin A 70% • Vitamin C 60%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Heat ½ tablespoon of the olive oil in a large skillet add chickpeas and sauté until they are deeply golden and crusty. While chickpeas are browning, add the chopped onion and salt.
2. Stir in the kale and zucchini and sauté until kale begins to wilt and zucchini is soft, add ¼ cup water.
3. In a separate pan sauté tofu in ½ tsp. of olive oil and sprinkle with pepper and paprika. Cook until golden brown.
4. Add the cooked tofu to the pan with the chickpeas and stir to combine flavors.
5. Stir in the lemon juice. Turn out onto a platter and serve family style.