



QUARANTINE PANTRY

Stewed Chickpeas with Rainbow Swiss Chard Over Toast

Ingredients:

- 1-15oz can crushed tomatoes (or 2 large, fresh tomatoes, chopped)
- 1 cup Rainbow Chard
- 5 garlic cloves, minced
- 2 Tablespoons olive oil
- 1 cup yellow onion, chopped
- 1 teaspoon ground cumin
- $\frac{3}{4}$ teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon crushed red pepper
- 1-15oz can chickpeas, drained
- 1 slice whole wheat bread

Directions:

- Strip the chard leaves from the stems. Coarsely chop leaves and dice stems into small pieces. Chop tomatoes if using fresh, and set aside.
- Heat olive oil in a skillet over medium heat. Add onion, garlic, and chard stems. Sauté until onions are tender.
- Add cumin, paprika, salt, and pepper to pan, stirring constantly until heated through.
- Stir in chickpeas and tomatoes, bring to a simmer.
- Add chard leaves, reducing heat to medium-low. Cook just until leaves have wilted.
- Spread on top of toasted whole wheat bread or serve as a side to any entrée