

## Garlic Chickpeas and Greens

*Chickpeas, also known as garbanzo beans, are high in folate. This recipe also contains mustard greens, which are also high in folate, giving this simple dish almost 90% of the daily recommended amount. Mustard greens are grown year-round, so make this nutritious recipe anytime.*

*This recipe has been adapted several times, but was originally created by Chef Rachel Ray.*

- 2 tablespoons extra virgin olive oil
- 6 cloves garlic, crushed and minced
- 1 pound trimmed mustard greens (or another green like Swiss chard, kale or escarole), coarsely chopped
- Sea salt & pepper
- 1 cup low-sodium chicken broth
- 2 (15-ounce) cans chickpeas, drained

Heat a skillet over medium heat. Add olive oil and garlic. Saute garlic in oil for 2 minutes, then add greens. Briefly wilt greens in garlic oil, season with salt and pepper. Add 1 cup chicken broth to the pan. Bring broth to soft boil. Cover pan, reduce heat to simmer and cook greens 7 – 8 minutes in broth. Uncover the pan. Add chickpeas. Adjust salt and pepper to taste. Serve.

Prep Time: 20 minutes

Yield: 4, 1 cup servings