



CHICKPEA BAJANE WITH QUINOA

Servings: 6

Ingredients

For the quinoa

- 2 teaspoons extra-virgin olive oil
- 1 1/2 cups quinoa, uncooked
- 1 teaspoon garlic, minced
- 1 cup organic vegetable broth
- 1 cup water
- 1 1/2 teaspoons fresh thyme, chopped
- 1/4 teaspoon salt

For the chickpea medley

- 2 tablespoons extra-virgin olive oil
- 2 cups leeks, sliced thin
- 1 tablespoon garlic, chopped
- 1 teaspoon salt
- 3 cups fennel, sliced
- 2 carrots, sliced
- 1 teaspoon fennel seeds
- 1/2 cup white wine
- 1 cup vegetable broth
- 1/4 teaspoon freshly ground black pepper
- 4 teaspoons chopped fresh thyme, divided
- 16 ounces canned chickpeas, rinsed and drained
- 1 tablespoon fresh lemon juice

Directions

For the quinoa

Heat 2 teaspoons of olive oil in a large saucepan over medium-high heat. Add the quinoa and cook for 2 minutes, then add the garlic to the pan; sauté 1 minute. Add the remaining ingredients to the pan and cover. Reduce the heat to low, and let simmer 15 minutes or until the liquid is absorbed and the quinoa is tender. Keep hot.

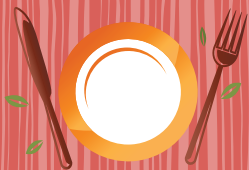
For the chickpea medley

Heat olive oil in a Dutch oven over medium heat. Add the leeks, garlic and salt; sauté 5 minutes. Add the fennel, carrot and fennel seeds. Stir to combine, and then reduce the heat to low and let cook for 10 minutes. Add the wine; cook 3 minutes or until the liquid almost evaporates. Stir in the vegetable broth, black pepper, thyme and chickpeas. Bring to a simmer and let cook for 5 minutes. Add the lemon juice and keep hot until ready to serve.

Serve with fresh baby spinach.

Side dishes

Fresh Spinach Leaves
Quinoa



Thompson
Delight

Recipes under 450 calories



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