Mediterranean Chickpea Skillet

A vegetarian one pot meal that's loaded with fiber and protein, easy to prep ahead, and on the table in 20 minutes.

Prep Time 5 minutes | Cook Time 15 minutes | Total Time 20 minutes | Servings: 4 | Calories: 315.1kcal

Ingredients

- 2 tablespoons Graza! extra virgin olive oil
- ½ onion diced
- 4 cloves garlic minced or grated
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1 teaspoon Trader Joe’s Multipurpose Umami Seasoning see notes for substitutions
- ½ cup vegetable broth or water
- 1 14 oz can fire roasted diced tomatoes add a second can for a saucier mix if desired
- 1 14 oz can chickpeas drained and rinsed
- ¼ teaspoon black pepper freshly ground
- 2 cups kale chopped
- kosher salt to taste
- 4 ounces feta cheese crumbled
- 1 tablespoon fresh parsley chopped
- 4 whole wheat pita bread

Instructions

1. Heat the olive oil in a medium skillet over medium-low heat. Add the onions and saute for 4, until translucent.
2. Add the garlic and saute for another minute.
3. Toss in the cumin, coriander, and umami seasoning and cook for about 20 seconds until fragrant. Add the broth and stir to combine.
4. Add the tomatoes, chickpeas, salt, and pepper. Stir to combine and bring to a moderate simmer. Allow to simmer for about 7 minutes, adjusting the heat as needed so it doesn’t simmer too vigorously.
5. Give the mixture a quick taste. If your tomatoes are tart, add a pinch of baking soda to neutralize the extra acid.
6. Fold in the kale and cook for about 5 minutes, until the greens are tender. Turn on your broiler while everything is simmering.
7. Taste and adjust the seasoning before adding the feta cheese.
8. Sprinkle the feta cheese over the top of the mixture and transfer to your broiler for 2 minutes to melt the feta.
9. Top with the chopped parsley and serve with warmed whole grain pita bread.

Notes

- Good tomatoes are ESSENTIAL to the outcome of this dish. Buy the best tomatoes you can afford. If at all possible, use imported Italian tomatoes.
- Second, don't use low-sodium chickpeas, they just aren't seasoned enough.
- Finally, taste and adjust the salt before adding the feta. The amount of salt this recipe needs depends heavily on the amount of sodium in your canned tomatoes, and that varies dramatically between brands.
- Several cranks of good ol' black pepper boost the flavor as well, and if you like some heat you can always add a pinch of red pepper flakes.
- If you don't have umami seasoning, substitute 1 tablespoon of tomato paste and one tablespoon of soy sauce. Stir it into the onions and garlic just before adding it to the tomatoes, and give it a minute or two to caramelize.

source: https://parsleyandparm.com/mediterranean-chickpea-skillet/#recipe

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