



Simple | Healthy | Delicious

Chickpea Bajane

INGREDIENTS

Quinoa

- 2 teaspoons extra-virgin olive oil
- 1 garlic clove, minced
- 1 cup organic vegetable broth
- 1 cup water
- 1 cup Nature's Earthly Choice uncooked quinoa
- 1 1/2 teaspoons chopped fresh thyme
- 1/4 teaspoon salt

Chickpea mixture

- 2 teaspoons extra-virgin olive oil, divided
- 2 cups thinly sliced leek (about 1 large)
- 4 garlic cloves, chopped
- 2 1/2 cups sliced fennel bulb (about 1 large)
- 1 3/4 cups (1/4-inch-thick) slices carrot (about 3/4 pound)
- 1/2 teaspoon fennel seeds
- 1/2 cup white wine
- 1 cup organic vegetable broth
- 4 teaspoons chopped fresh thyme, divided
- 1 (14 1/2-ounce) can no-salt-added chickpeas (garbanzo beans), rinsed and drained
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 (5-ounce) package baby spinach





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DIRECTIONS:

1. To prepare quinoa, heat 2 teaspoons oil in a large saucepan over medium-high heat. Add 1 garlic clove to pan; sauté 1 minute. Add 1 cup broth and next 4 ingredients (through ¼ teaspoon salt); cover; reduce heat, and simmer 15 minutes or until liquid is absorbed and quinoa is tender.
2. To prepare chickpea mixture, heat 1 teaspoon oil in a Dutch oven over medium-high heat. Add leek and 4 garlic cloves to pan; sauté 5 minutes or until tender. Add remaining 1 teaspoon oil, fennel bulb, carrot, and fennel seeds; sauté 10 minutes or until vegetables are golden. Add wine; cook 3 minutes or until liquid almost evaporates. Stir in 1 cup broth, 2 teaspoons thyme, and chickpeas; cook 1 minute or until thoroughly heated. Remove from heat; stir in juice, 1/4 teaspoon salt, pepper, and spinach.
3. Place about 2/3 cup quinoa in each of 4 bowls; top each serving with about 1 1/2 cups chickpea mixture. Sprinkle each serving with 1/2 teaspoon thyme.