



Simple | Healthy | Delicious

Swiss Chard with Chickpeas and Couscous



INGREDIENTS

1 package Nature's Earthly Choice Couscous

½ cup pine nuts

3 tablespoons olive oil

2 cloves garlic, thinly sliced

1 can chickpeas, rinsed

½ cup raisins (dark or golden)

2 bunches Swiss chard, stems trimmed

¾ teaspoon kosher salt

½ teaspoon black pepper

DIRECTIONS:

1. Cook the Couscous according to package instructions.
2. Meanwhile, in a large skillet, over low heat, toast the pine nuts, shaking the pan frequently, until golden, 3 to 4 minutes. Transfer to a plate.
3. Return the skillet to medium heat, add the oil, and heat for 1 minute. Add the garlic and cook for 1 minute.
4. Add the chickpeas, raisins, chard, salt, and pepper. Cook, stirring occasionally, until the chard is tender, about 5 minutes. Remove from heat.
5. Fluff the Couscous with a fork and divide among individual plates. Top with the chard and sprinkle with the pine nuts.