



Everything Herbal

by Cheryl Jabz

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Mediterranean Herb Chickpea Stir Fry



BENEFITS: **Parsley:** Rich in vitamins A and C. **Oregano:** Contains antioxidant compounds. **Chickpeas:** Excellent source of plant protein and fiber.

INGREDIENTS

- ♥ 1 can chickpeas, drained
- ♥ 1 zucchini, diced
- ♥ 1 cup cherry tomatoes
- ♥ 1 cup spinach
- ♥ 1 tbsp parsley
- ♥ 1 tsp oregano
- ♥ 2 tbsp olive oil



INSTRUCTIONS

1. Heat olive oil. Add zucchini and chickpeas; cook 5 minutes.
2. Add tomatoes and spinach.
3. Stir in herbs and cook until spinach wilts.
4. Serve warm.

Light, savory, and full of flavor!

A simple Mediterranean vegetable stir-fry packed with chickpeas, fresh vegetables, and aromatic herbs.

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