

Vegetarian Delight

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small onion, finely chopped
- 1 small carrot, finely chopped
- ½ teaspoon crushed red pepper flakes
- 4 cloves garlic, minced
- 1 can (14 ½ ounces) diced red tomatoes, drained, skin on
- 1 tablespoon sun-dried tomato bits
- 8 ounces mustard greens, torn
- Freshly ground black pepper (optional)
- Onion salt (optional)
- ¾ cup (4 ounces) cooked chickpeas (garbanzo beans)



Directions

Heat oil in large, deep nonstick skillet over medium heat. Add onion, carrot, pepper flakes, and garlic. Cook 3 minutes, stirring occasionally. Add tomatoes and tomato bits and simmer for 3 minutes. Stir in mustard greens, and, if desired, pepper and onion salt to taste. Cover and cook 15 to 20 minutes or until greens are tender. Add chickpeas and heat through. Makes 2 servings.

Nutrition Facts

Per Serving

Calories: 241 | Fat: 8g | Sodium: 380mg | Carbs: 33.4g | Fiber: 9.7g |
Protein: 9.7g | Sugar: 10.4g | Calcium: 173mg | Potassium: 675mg