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# Simply Seasonal

## Chickpea and Herb Sauté

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## Chickpea and Herb Sauté

### MASH

- \*2 cups cooked chickpeas
- \* $\frac{1}{4}$  cup fresh herbs (chives, parsley, basil, mint, cilantro, etc.)
- \*2 cloves garlic, minced
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- $\frac{1}{3}$ - $\frac{1}{2}$  cup water
- Salt and pepper to taste

### VEGETABLES

- \*3-4 cups seasonal vegetables (onions, asparagus, broccoli raab, greens, peas, radishes, turnips), chopped
- \*2 cloves garlic, minced
- 2 Tbsp lemon juice
- Red pepper flakes, optional
- Salt and pepper to taste
- $\frac{1}{2}$  Tbsp olive oil
- \*can be sourced locally

### For the mash:

1. Place half the chickpeas, herbs, garlic, lemon juice, oil and water in a food processor. Pureé until thick. Add remaining chickpeas and water; salt and pepper to taste.
2. Transfer to a saucepan and heat over medium heat until just warm.

### For the vegetables:

1. Heat a large sauté pan over medium high heat and add olive oil. Add vegetables, beginning with garlic, and onions, as well as any crisper vegetables like radishes, turnips, asparagus. Cook and stir until vegetables are al dente. Add softer vegetables like broccoli raab and greens, lemon juice, salt and pepper, and red pepper flakes. Cook 1-2 minutes more; remove from heat.
2. Spoon sautéed vegetables over chickpeas.

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