



## GREEN RICE WITH ROASTED CHICKPEAS

### **Chickpea mixture:**

3 tablespoons olive oil  
1 can (14-19-ounce) chickpeas  
2 large cloves garlic  
Salt & freshly ground pepper to taste

### **Rice:**

2 cups long-grain white rice\*  
1 teaspoon salt  
3 tablespoons olive oil  
½ cup pecans, pine nuts, or nuts of choice  
3 large cloves garlic, minced  
2 10-ounce boxes frozen spinach or 1-2 large bunches of chard, stems removed  
½ teaspoon fennel seeds (optional)  
Pinch of hot red pepper or red pepper flakes  
4-8 ounces feta cheese, to taste (or substitute sliced olives, to taste)

Heat oven to 400 degrees. Put 3 tablespoons of olive oil in a 10-inch cast iron or heavy skillet. Place in oven for 5 minutes as oven preheats. Drain and rinse chickpeas; spread on a towel to dry. Chop 2 large cloves of garlic. Remove skillet from oven, add garlic, chickpeas, salt & pepper. Shake to coat the chickpeas all over with oil. Place skillet in oven. Cook 30-40 minutes, shaking occasionally, until the chickpeas are crispy brown. Remove from oven.

Meanwhile, combine rice and salt in a pan with 4 cups water. Cover, place on high heat and bring to a boil. Reduce heat to low; simmer 15 minutes, or until rice is tender. Heat another 3 tablespoons of olive oil in a wide skillet or another pan. Add nuts and cook over medium heat about 2 minutes. Add 3 cloves minced garlic and cook another minute. Squeeze spinach dry (chop it if it is not chopped.) (If using chard, wash chard and slice into ribbons. Steam until wilted, using only the water that clings to the leaves. When wilted, drain and squeeze the extra moisture from the leaves with a towel, and use as spinach, above.) Add spinach or chard to the pan. Add fennel, red pepper flakes and cheese. Remove from heat. Combine with rice. Serve topped with crisped chickpeas. Serve with sweet potatoes or vegetable of choice. Serves 4-6.

\*You may substitute an equivalent amount of basmati or brown rice, cooked according to package directions.

