

GARBANZO BEAN STIR FRY

Beans are an inexpensive source of protein and fiber!



food
bank
of the Southern Tier

Just Say Yes

To Fruits & Vegetables

www.foodbankst.org/jsy



FIDELIS CARE

GARBANZO BEAN STIR FRY

SERVES 4 • SERVING: ¾ CUP

Just Say Yes
To Fruits & Vegetables

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 chopped onion
- 3 finely chopped garlic cloves
- 2 cups cooked chickpeas (garbanzo beans)
- 4 cups chopped kale leaves
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- 2 teaspoons parsley (optional)
- 2 tablespoons lemon juice
- Salt and pepper, to taste

DIRECTIONS:

1. In a large frying pan, heat the oil over medium heat.
2. Add onions and garlic and cook until soft.
3. Add chickpeas and cook about 5 mins
4. Add kale, oregano, and parsley, and cook for 6 more minutes.
5. Remove from heat and add lemon juice. Mix well.
6. Season with salt and pepper.
7. Serve immediately.
8. Refrigerate leftovers.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.