

Chickpea Hash



Flavorful low-sodium dish packed with protein and fiber courtesy of the CMH Clinical Nutrition Team.

Ingredients:

1 can low sodium chickpeas (15.5oz)	1 diced celery stalk
3 tablespoons olive oil- divided	½ diced medium yellow onion
½ teaspoon salt	1 minced garlic clove
2 teaspoons smoked paprika	¼ cup low sodium vegetable stock
1 tablespoon chopped fresh parsley	2 eggs
1 diced carrot	1 pinch black pepper

Directions:

- Drain, rinse and pat dry chickpeas.
- Heat 2 tablespoons olive oil in a skillet over medium heat. Add carrot, onion, celery and garlic and cook until soft.
- Add the chickpeas and salt, toss to combine and cook in a single layer for about 4 minutes
- Toss and cook for an additional 4 minutes
- Add smoked paprika, parsley and stock, stir to combine.
- Cook an additional 4 minutes or until most of the liquid is evaporated.
- Heat remaining tablespoon of olive oil in a skillet over medium heat, cook to desired doneness, place on top of chickpea hash and a pinch of black pepper.