

CHEESY CHICKPEA & BROCCOLI BAKE

INGREDIENTS

- 1 large bunch (about 1 lb) fresh broccoli, rinsed and cut into pieces (include tender parts of stems and leaves) or a 1-pound bag frozen broccoli florets (thawed)
- 1 15½-ounce can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 cup shredded Gruyere, cheddar or vegan cheese
- ½ cup whole-wheat breadcrumbs

DIRECTIONS

1. Preheat oven to 400°F.
2. If using fresh broccoli, place pieces in a steamer basket inside a saucepan filled with 1 inch of water. Steam on medium heat for 5 minutes or until broccoli is just tender. Or, place pieces in a large microwave-safe dish with ½-inch water. Cover and microwave on high for 3 minutes or until just tender. Drain water.
3. Toss steamed broccoli and chickpeas with olive oil. Place in a 9-by-9-inch baking pan.
4. Add salt and pepper to taste. Top with grated cheese, then top evenly with breadcrumbs.
5. Bake 10 to 15 minutes, or until cheese is melted and breadcrumbs are lightly browned. Serve immediately.



Recipe courtesy of the Academy of Nutrition & Dietetics

Serving size: 1 ½ cup | **Serves:** 6

Nutrition Information: Calories: 340; Total fat: 15g; Saturated fat: 6g; Cholesterol: 30mg; Sodium: 456mg; Carbs: 34g; Fiber: 9g; Protein: 19g.