



Chickpea Scramble With Freekeh

Yield: 8 servings

Ingredients

- 2 tablespoons water for sautéing without oil
 - 1 red onion, chopped
 - 1 cup red bell pepper, seeded and fine diced
 - 1 cup green bell peppers, seeded and fine diced
 - 1 small poblano pepper, seeded and chopped
 - 10 ounces button mushrooms, rinsed and diced
 - 1 teaspoon kosher salt
 - 2 teaspoon turmeric, ground
 - 2 teaspoon chili powder
 - ¼ teaspoon smoked paprika
 - 1 dash red pepper flakes
 - 3 tablespoons nutritional yeast
 - 3 cups chickpeas, drained and rinsed
- To Serve:**
- 16 banana slices
 - 16 mango slices
 - 4 cups freekeh, cooked (See separate recipe for Cooked Freekeh.)

Instructions

1. Heat water over medium heat in a large skillet.
2. Add the onion and peppers. Cook, stirring often, for 5 minutes, or until the onion is clear and soft. Add a few tablespoons of water as needed to prevent the vegetables from sticking.
3. Add the mushrooms and a pinch of salt; stir vegetables to combine and cover the skillet.
4. Allow the mushrooms to cook for another 5 minutes, or until they've released their liquid and are soft and cooked through.
5. When the mushrooms are cooked, add the spices, nutritional yeast, chickpeas and ½ cup of water. Stir the mixture thoroughly and cook until heated through.
6. Check the mixture for seasoning and season to taste with additional spices, salt or pepper.
7. To serve, divide the chickpea scramble over even portions of hot cooked freekeh.
8. Serve with banana and mango slices on the side.

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Nutrition Information Serving Size: 1 cup

Calories: 254 | Total Fat: 3 g | Saturated Fat: 0 g | Sodium: 446 mg
Total Carbohydrate: 51 g | Dietary Fiber: 13 g | Sugars: 9 g | Protein: 11 g

Recipe by Choosing Raw at yummly.com/page/choosing-raw. Nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.

