

Sicilian Chickpeas

Serves 4

Ingredients:

- 2 Italian eggplants (about $\frac{3}{4}$ lb)
- 3 tbs. extra-virgin olive oil
- 3 tbs. tomato paste
- 3 cloves garlic, chopped
- $\frac{1}{4}$ tsp. red pepper flakes, more to taste
- $\frac{1}{2}$ cup water
- 2 15 oz. cans no-salt-added chickpeas
- $\frac{1}{2}$ tsp. kosher salt
- 3 tbs. chopped fresh mint

Directions:

- ❑ Dice the eggplant into $\frac{1}{2}$ inch pieces. Sauté in a large non-stick skillet in the oil until golden brown, 5-7 minutes.
- ❑ Stir in the tomato paste, garlic, and red pepper flakes and cook, stirring often, for 2 more minutes.
- ❑ Stir in the water and chickpeas and heat through.
- ❑ Season with up to $\frac{1}{2}$ tsp. of salt.
- ❑ Remove from the heat and stir in the mint.

Found in Nutrition Action Health Letter: By Kate Sherwood