

THE 15 MINUTE LUNCH

With Raven Tuffin, EFNEP Educator

Let's mix up our lunch options by trying this low calorie flavor packed dish! Done in 15 minutes or less I guarantee everyone will be in the kitchen trying to figure out what you're cooking!

Ingredients:

- 2 cans of chickpeas, drained
- 3-4 cloves of garlic
- 1 tbsp. of olive oil
- 1 ½ tbsp. sesame oil
- ⅓ cup of low sodium soy sauce
- 3 tbsp. honey or maple syrup
- 2 tsp. rice vinegar
- ½ tsp. ground ginger or 2 tsp of fresh grated ginger
- 1 tbsp. cornstarch
- 4 tbsp. vegetable or chicken broth, divided

Instructions:

1. Drain and rinse chickpeas until bubbles no longer appear, then set aside
2. Mince garlic and add to a skillet set to medium low heat with olive oil
3. Sauté for 1-2 minutes until garlic is slightly brown and becomes fragrant
4. In a small bowl combine the cornstarch and 2 tbsp. of vegetable or chicken broth and mix until no clumps remain. Set aside
5. Add soy sauce, sesame oil, maple syrup or honey, rice vinegar, ginger, and additional broth to skillet and whisk together.
6. Add in cornstarch mixture and stir
7. Bring mixture to a simmer and then add chickpeas and stir until well coated
8. Cook on low heat until the sauce becomes thick and sticky, about 5-8 minutes, stirring occasionally
9. Remove from heat and let sit to allow chickpeas to absorb all the flavor .
10. Serve with steamed broccoli and brown rice or your favorite steamed veggies and grain! The options are endless!

Food Safety Tip: *Wash all produce before cutting and using*

Chef Tip: *This recipe is GREAT for meal prep! Feel free to double the recipe and utilize different lunch combinations all week. Chickpeas are plant protein, so give them a try in tortilla wraps, on salads, and added to your favorite grains!*