



## Quinoa with Garlic Chickpeas and Wilted Spinach

By **JOE NUSS** w Endurance Magazine

### Ingredients:

- 1 cup royal quinoa
- 1 can organic chickpeas (also called garbanzo beans)
- 1 small to medium-sized onion, diced
- 3-4 cloves garlic, minced
- 2-3 tablespoons olive oil
- 1/4 cup white wine
- juice from half a lemon
- 1/8 teaspoon cayenne or Tabasco
- salt and pepper to taste
- 2 cups baby spinach, packed tightly

### Preparation:

1. Cook quinoa according to package directions. (Generally, the preparation is similar to that of rice, being 1.5 times the amount of water for the amount of quinoa in a sauce pan. Bring to a boil, reduce heat to low, cover and simmer for a few minutes until the water is absorbed.)
2. Meanwhile, sauté the onion in the olive oil at medium-high heat for about 2 minutes. Add the garlic and continue sautéing until the onion is soft and translucent. Add the chickpeas and the white wine and reduce heat to medium-low. Let simmer for about 5-8 minutes while stirring often.
3. Once most of the wine has evaporated, remove from heat, add the quinoa to the chickpea mixture, along with the lemon juice and cayenne (or Tabasco), and season well with salt and pepper. Last, incorporate the baby spinach a handful at a time.

### Nutritional Facts:

Calories: 196 / Fat: 6g / Saturated Fat: 1g / Carbohydrates: 31g / Fiber: 4g / Protein: 7g

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