

CHICKPEAS WITH SUNDRIED TOMATOES

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>

Ingredients

- 1 red onion, small, sliced crosswise and separated into rings
- 1/2 tsp. rosemary, dried, crumbled
- 1 medium tomato chopped
- 2-1/2 cups chick-peas, canned, rinsed and drained
- 1 Tbsp. olive oil
- 1/2 cup low-sodium vegetable stock
- 1 Tbsp. balsamic vinegar
- 2 Tbsp. sun-dried tomato bits

Directions

1. In a large no-stick frying pan over medium-high heat, warm the oil.
2. Add the onions and rosemary; cook, stirring frequently, for 2 to 3 minutes, or until tender.
3. Stir in the vegetable stock and chopped tomatoes. Cook for 3 to 4 minutes, or until all the liquid has evaporated.
4. Stir in the chick-peas, tomato bits and vinegar; cook for 1 to 2 minutes, or until heated through.

Makes 4 servings

Nutritional information per serving (4 servings)

Calories: 200

Dietary fiber: 7g

Calories from fat: 50

Sugars: 4g

Total fat: 6g

Protein: 9g

Saturated fat: 1g

Vitamin A: 6%

Trans fat: 0g

Vitamin C: 15%

Cholesterol: 0mg

Calcium: 6%

Sodium: 490mg

Iron: 10%

Total carbohydrate: 28g

Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Fruit: 0

Vegetables: 1

Meat: 0

Milk: 0

Fat: 1

Carbs: 2

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

