



Let's cook something delish!

Cheesy Chickpea and Broccoli Bake

Makes: 6 Servings

Serving Size: 1½ Cups

Ingredients

1 large bunch (approximately 1 lb) fresh broccoli, rinsed and cut into medium pieces

1 15½-oz can chickpeas, drained and rinsed

1 T. olive oil

Salt and black pepper to taste

1 c. shredded Gruyere, cheddar or vegan cheese

⅓ c. whole-wheat breadcrumbs

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Directions

1. Preheat oven to 400°F.
2. Lightly steam broccoli on the stove: Place raw broccoli pieces in a steamer basket inside a saucepan filled with 1 inch of water. Steam on medium heat for five minutes or until broccoli is just tender and bright green. Drain water.
Or steam broccoli in the microwave: Place raw broccoli pieces in a large microwave-safe dish with ½ inch of water in the bottom. Cover with a microwave-safe plate and cook on high for three minutes or until just tender and bright green. Drain water.
3. Toss steamed broccoli and chickpeas with olive oil. Place in a 9"-by-9" baking pan.
4. Add salt and black pepper to taste. Top evenly with grated cheese, then top evenly with breadcrumbs.
5. Bake 10 to 15 minutes, or until cheese is melted and breadcrumbs are lightly browned. Remove from oven and serve immediately.

Find more delicious recipes at [hally.com/category/food-cooking](https://www.hally.com/category/food-cooking). Yum!

Calories: 340, Total Fat: 15 g, Saturated Fat: 6 g, Cholesterol: 30 mg, Sodium: 456 mg, Total Carbohydrate: 34 g, Fiber: 9 g, Total Sugars: 6 g, Protein: 19 g

Source: EatRight®, Academy of Nutrition and Dietetics, <https://www.eatright.org/recipes/entrees/cheesy-chickpea-and-broccoli-bake-recipe>
Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.