



EAT YOUR BEST.
LESS SALT.
MORE PLANTS.



MIGHTY CHICKPEA BOWL

WITH FARRO, RED CABBAGE, & MUSTARD GREENS

MAKES 6 SERVINGS

INGREDIENTS

- 2 cups dry farro
- 2 cups dry chickpeas
- 2 tbsp grapeseed oil
- 1 12-oz can no salt added tomato sauce
- 3 tsp paprika
- 2 tsp cumin
- 1 1/2 tsp garlic powder
- 1 1/2 tsp chili powder
- 3/4 tsp kosher salt, divided
- 1 tsp sugar
- 1 tsp liquid smoke
- 1/2 large head red cabbage
- 3 cups white vinegar
- 3 cups water
- 8 cups mustard greens, washed
- 5 cloves garlic, thinly sliced
- Bay leaf as needed

METHOD

1 Soak chickpeas overnight. To cook, cover beans with 3 inches of water add bay leaves if desired, bring water to a boil, then reduce to a simmer and cook for 75 minutes.

2 Add 1-part farro to 2-parts boiling water, reduce heat to a simmer and cover. Cook for 20 minutes.

3 Sauté the chickpeas in 1 tbsp oil, adding tomato sauce, paprika, cumin, 1/2 tsp salt and powders until the peas are well-coated and sauce is no longer wet. Remove from heat and stir in the liquid smoke. Serve warm.

4 Cut the red cabbage into thin strips with a knife or mandoline and place in a heatproof bowl. Heat the vinegar with equal parts water, sugar and 1/4 tsp salt; bring to a boil. Remove the liquid from heat and pour over the cabbage. Allow to pickle at room temperature until liquid cools.

5 Sauté the mustard greens over medium heat with 1 tbsp oil and the sliced garlic.

ASSEMBLY

Add 3/4 cup of cooked farro to a bowl. Top with equal parts pickled cabbage, sautéed mustard greens, and 1/2 cup chickpeas.

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NUTRITION FACTS: Calories 580 Total Fat 9g Sodium 380mg Fiber 18g Protein 27g