Tomato & Chickpea Arrabiata

Servings: 2 Prep Time: 5 min Cook Time: 25 min

INGREDIENTS

1 Tbsp oil *(try olive or canola)*
1/2 small onion, diced *(sub 1/2 tsp onion powder)*
***1* clove** garlic, minced *(sub 1/4 tsp garlic powder)*
1/2 tsp crushed red pepper
1 can tomatoes
1 can chickpeas, drained and rinsed
Salt and pepper, to taste
(Optional) **1 cup** fresh or frozen spinach

Tips: Sub kale or collard greens for the spinach, or leave out if you prefer.

PREPARATION

In a medium saute pan or skillet, heat oil over medium heat. Add onions and cook until softened and translucent, about 5 minutes, stirring often. Add garlic and crushed pepper and cook for 1 minute or until fragrant, stirring often. Add tomatoes and chickpeas, stir to combine. Season with salt and pepper.

Bring to a low boil, then reduce the heat and simmer on low until thickened, about 15 minutes. Stir in spinach and cook for 3-5 minutes or until wilted. Serve with pasta, over rice or with a slice of whole grain bread or pita.