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|-------|-------|----------|----------|
| Prep | Cook | Ready in | Servings |
| 5 min | 5 min | 10 min | 2 |

Chickpea Scramble (NHTTIN)

This quick and simple Chickpea Scramble is loaded with flavor and vegan-friendly!

Ingredients

| | |
|-----------------|---|
| 1 can (15oz) | Chickpeas, canned, low sodium (Can also use fresh cooked chickpeas. Each 15oz can equals about 1.5 cups of cooked beans.) |
| 1 tsp | Paprika (smoked or sweet) |
| 1 tsp | Turmeric, powder |
| 1 tsp | Arugula (powder) |

Instructions

1. Heat a non-stick pan over medium heat.
2. As the pan is heating, mash chickpeas lightly with a fork. Don't mash all of it, keep some chickpeas partly mashed for texture.
3. Add mashed chickpeas, nutritional yeast, paprika, and turmeric to the pan, along with 1 tbsp of chickpea water. You may need to add more chickpea water to prevent sticking.
4. Cook for 2 to 3 minutes until all spices are mixed with chickpeas. Transfer to a dish.
5. Serve with avocado, arugula, and tomatoes, or any other veggie combo you'd like - make it your own!

Notes:

Quick Tip:

Enjoy this chickpea scramble on its own, scoop with crackers or pita chips, or serve with a side of toast you can also add sliced avocado!

| Nutrition Facts | |
|-----------------------------|--------|
| Per Portion | |
| Calories | 182 |
| Calories from fat | 39 |
| Calories from saturated fat | 4.1 |
| Total Fat | 4.3 g |
| Saturated Fat | 0.5 g |
| Trans Fat | 0 |
| Polyunsaturated Fat | 2.0 g |
| Monounsaturated Fat | 1.0 g |
| Cholesterol | 0 |
| Sodium | 281 mg |
| Potassium | 360 mg |
| Total Carbohydrate | 30 g |
| Dietary Fiber | 10.0 g |
| Sugars | 5.6 g |
| Protein | 10.7 g |

Dietary servings

Per Portion

| | |
|------------------|-----|
| Meat Alternative | 1.2 |
| Vegetables | 1.7 |

Energy sources

| | |
|---------------|-----|
| Carbohydrates | 55% |
| Fat | 21% |
| Protein | 24% |