



Chickpeas with Spinach

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 slice country bread
- ☐ 1 teaspoon cumin seeds dry toasted finely
- ☐ 1 cup chickpeas dried generous
- ☐ 4 eggs peeled chopped
- ☐ 7 cloves garlic peeled
- ☐ 0.3 cup ham if using ham hock or diced cooked
- ☐ 1 small ham hock

- ☐ 2 tablespoons olive oil
- ☐ 1 onion peeled
- ☐ 1 pinch saffron threads generous warmed crushed
- ☐ 8 servings salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 0.5 cup coarsely salt cod flaked cooked
- ☐ 1 Dash sherry vinegar as needed
- ☐ 1.3 pounds pkt spinach loosely packed rinsed coarsely chopped (10 cups or 1 pound after trimming)
- ☐ 2 teaspoons paprika smoked sweet

Equipment

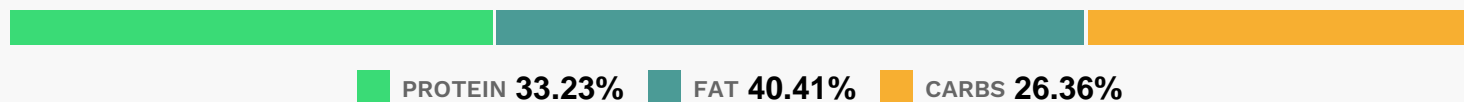
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ tongs
- ☐ cheesecloth

Directions

- ☐ Pick over the chickpeas, discarding any misshapen peas or grit, rinse well, and soak overnight in water to cover. The next day, drain the chickpeas and put them in a saucepan with water to cover by 2 inches. Tie together 4 of the garlic cloves, the onion, and the bay leaf in a piece of cheesecloth and add the sachet to the pan.
- ☐ Add the optional ham hock only if you will not be adding salt cod later, and then bring to a boil over high heat. Reduce the heat to low and simmer uncovered, adding 2 teaspoons salt (less if using the ham hock) after the first 10 minutes of cooking, until the chickpeas are tender, about 1 hour.
- ☐ Remove the pan from the heat, and remove the sachet from the pan. Leave the chickpeas in their cooking liquid. Discard the ham bone. Untie the sachet, discard the bay leaf, and reserve the garlic and onion.

- ☐ Place the spinach in a saucepan with only the rinsing water clinging to its leaves and cook over medium heat, stirring and turning constantly with tongs, until wilted, 5 to 6 minutes.
- ☐ Drain well in a sieve, pressing with the back of a spoon. If the leaves seem stringy or too big, you can chop them a bit more. Set aside.
- ☐ Heat the oil in a small sauté pan over medium-high heat.
- ☐ Add the bread and the remaining 3 uncooked garlic cloves and fry, turning as needed, until golden, 4 to 5 minutes.
- ☐ Transfer to a blender or small processor, add the saffron, and pulse until pulverized.
- ☐ Add the onion and garlic reserved from the chickpeas, the cumin, paprika, and 1 cup of the chickpea cooking liquid and purée until smooth.
- ☐ Add the purée and the spinach to the cooked chickpeas along with the salt cod or the ham, whichever you are using.
- ☐ Place the mixture over low heat, stir well, and bring to a simmer. If it seems dry, add a little water as needed so the stew is spoonable. Season to taste with salt and lots of pepper. Taste and balance the seasoning with vinegar.
- ☐ Transfer to a serving dish. If serving with the optional eggs, top with the fried eggs and serve hot, or with the hard-boiled eggs and serve warm.
- ☐ Wine
- ☐ Spanish: rosé (Valdepeñas, Cigales), Tempranillo/blend (Rioja, La Mancha, Catalonia) Non-Spanish: rosé of Pinot Noir (France, California), Cabernet/blend (Chile, Argentina)
- ☐ From Tapas: Sensational Small Plates from Spain by Joyce Goldstein. Text copyright © 2009 by Joyce Goldstein; food photography © 2009 by Leigh Beisch. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:4, Inflammation Score:-10, Nutrition Score:32.681304371875%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol:

4.63mg, Kaempferol: 4.63mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg
Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 335.5kcal (16.78%), Fat: 15.19g (23.37%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 22.29g (7.43%),
Net Carbohydrates: 15.72g (5.72%), Sugar: 4.12g (4.58%), Cholesterol: 146.95mg (48.98%), Sodium: 1416.32mg
(61.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.09g (56.19%), Vitamin K: 347.66µg (331.11%),
Vitamin A: 7064.67IU (141.29%), Folate: 297.42µg (74.36%), Manganese: 1.34mg (66.82%), Selenium: 33.84µg
(48.35%), Phosphorus: 325.24mg (32.52%), Vitamin B12: 1.76µg (29.27%), Potassium: 1019.77mg (29.14%), Iron:
5.12mg (28.45%), Vitamin C: 23.31mg (28.26%), Magnesium: 112.39mg (28.1%), Fiber: 6.57g (26.27%), Vitamin B6:
0.5mg (24.76%), Vitamin B2: 0.37mg (21.96%), Vitamin E: 2.99mg (19.94%), Copper: 0.36mg (17.94%), Vitamin B1:
0.26mg (17.33%), Calcium: 154.78mg (15.48%), Zinc: 1.86mg (12.38%), Vitamin B3: 2.32mg (11.58%), Vitamin B5:
1.12mg (11.15%), Vitamin D: 1.14µg (7.61%)