



Nourish Recipe

## Skillet Chickpeas with Broccoli and Goat Cheese

Servings: 4

Prep: 10 minutes

Cook: 10 minutes

Ready: 20 minutes

### Ingredients

3 TBSP olive oil

1 ½ lb. broccoli, florets and stems, frozen, chopped

1 TBSP fresh garlic, minced

1 15 oz can chickpeas, rinsed and drained

1 cup fresh tomato, diced

½ tsp dried basil

½ tsp dried thyme

1 TBSP lemon juice, or to taste

½ cup goat cheese



### Foods for Better Gut Health



Tip 1: Prebiotic foods like broccoli are rich in fiber and can help improve gut health.

Tip 2: Spices like basil and thyme can help soothe your gut by facilitating digestion.



Tip 3: Chickpeas are an excellent source of plant-based protein to promote fullness and help with appetite control.

### What you'll need



measuring  
spoons



measuring  
cups



large skillet

# Skillet Chickpeas with Broccoli and Goat Cheese

## Instructions

1. Heat olive oil (3 TBSP) in a skillet over medium heat.
2. Add broccoli (1 ½ lb.), cook until bright green, about 1 minute.
3. Add garlic (1 TBSP), chickpeas (15 oz), tomatoes (1 cup), basil (½ tsp) and thyme (½ tsp); cook until heated through, about 2-3 minutes.
4. Add lemon juice (1 TBSP) and goat cheese (½ cup) and stir to combine.



Share your healthy eats  
with us @Wellbeats



## Nutrition Facts

Servings 4

Amount Per Serving

**Calories** 323

% Daily Value

**Total Fat** 19g 29%

Saturated Fat 5g 27%

Monounsaturated Fat 8g

Polyunsaturated Fat 2g

Trans Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 342mg 14%

**Potassium** 682mg 19%

**Total Carbohydrate** 28g 9%

**Dietary Fiber** 9g 34%

**Sugars** 6g

**Protein** 16g 31%

Vitamin A 87%

Vitamin C 167%

Calcium 93%

Iron 16%