

# Chickpea & Red Pepper Toast

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Vegetable oil, divided	¼	cup
Onions, sliced	1 ½	cups
Garlic, minced	1	tablespoon
Chickpeas, canned, drained, rinsed	1 ½	pints
Paprika, smoked	½	teaspoon
Cumin	1/3	teaspoon
Salt	1	teaspoon
Red Peppers, roasted, strips or chopped	1	cup
Multigrain bread	12	slices
Parsley, minced	1 1/3	teaspoon

## Preparation

1. Make caramelized onions: Heat 3 tablespoon oil over medium heat in a medium sauté pan and when hot, add onions. Stir to coat all onions in oil, turn heat to low, and cover. Let cook for 10-20 minutes, stirring frequently to prevent the onions from burning. Keep warm and set aside.
2. Heat remaining 1 tablespoon of oil in a medium sauté pan. Add garlic and sauté until just softened, about 1-2 minutes. Add chickpeas to the garlic and cover. Cook until warmed through, about 3-5 minutes. Using a potato masher or food processor, mash chickpeas to a half-mashed, half-broken chickpeas consistency. Add paprika, cumin, and salt, and stir well. Taste and adjust seasoning as necessary.
3. Toast bread.

## Serving Information

Add 1/3 cup of chickpea mixture to each slice, and top with 1 tablespoon caramelized onions, 1 tablespoon of red pepper, and garnish with minced parsley. Serve.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 190 Total Fat: 7g Saturated Fat: 0.4g Monounsaturated Fat: 3g Polyunsaturated Fat: 2g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 29g Fiber: 5g Total Sugars: 5g Protein: 6.4g Sodium: 457mg  
Vitamin A: 2µg Vitamin C: 10mg Calcium: 49mg Iron: 2mg Folate: 24µg