



Chickpea Spinach Tacos



Prep Time: 10 minutes

Makes: 4 servings

INGREDIENTS

- 1 can chickpeas
- 1 small red onion, minced
- 1 clove garlic, finely minced
- Salt and pepper to taste
- 1 tablespoon lemon juice
- 1 tablespoon parsley, chopped
- 1 1/2 tablespoons extra virgin olive oil
- 1 bunch or bag of spinach
- 1 cucumber, shredded, peeled if necessary
- 2 ounces crumbled feta cheese
- 8 small whole wheat or corn tortillas

VARIATIONS

- Try swapping out the ingredients in this recipe with something seasonal and save money too! Such as: winter squash, mushrooms, turnip, golden beets.

DIRECTIONS

- **MIX** the chickpeas, onions, and garlic in a large bowl.
- **SEASON** with salt and pepper.
- **ADD** lemon juice, parsley, and olive oil.
- **MIX** until you have a chunky paste.
- **SLICE** spinach into ribbons and **ADD** to chickpea mixture.
- **TOSS** together.
- **SPOON** chickpea spinach mixture on a whole wheat or corn tortillas. **TOP** with shredded cucumber and feta cheese.
- **SERVE** and **ENJOY**.