



Creamy Avocado Chickpea Bowl

Written by Jodi

Original post including this recipe at www.reverycloud.com/avocadochickpeabowl.html

Prep Time: 5 minutes

Cook Time: 10 minutes

Serves: 4

Intended for toddlers, this dish is packed with flavors and ingredients that provide healthy fats, protein and nutrients for on-the-go growing kiddos. This creamy dish is vegan and gluten free.

Ingredients

- 1-2 Tbsp olive oil
- 1 small zucchini
- 1 clove garlic; minced
- ¼ cup sliced black olives
- 1 handful of fresh arugula, long stems removed
- Paprika; to taste
- 1 can chickpeas
- 1 ripe avocado, mashed

Directions

1. Wash zucchini well. Slice and then dice them into small triangles with skin on (remove ends and blemishes)
2. On medium-high heat add olive oil to skillet. When heated, add zucchini and toss until coated in oil. Let sit in an even layer for 2 minutes or until they begin to brown on the bottom. Stir to flip and recoat in oil. Let sit for 1 more minute.
3. Add minced garlic and stir to incorporate.
4. Add olives and arugula and sprinkle paprika over the entire thing, stirring constantly for 1.5 minutes until zucchini is tender and arugula is wilted.
5. Remove mixture and set aside in a glass mixing bowl.
6. Turn off the heat and then I like to warm the chickpeas in a little of the liquid from the can in the warm pan. Add 1 Tbsp of liquid to the glass bowl and warmed chickpeas, drained, to the bowl as well.
7. Mix in mashed avocado and mix well until creamy.
8. Sprinkle additional paprika as needed.

Additions

- For toddlers, I like to serve with a few small toast fingers and crisp sliced apples.
- This is also delicious over fresh salad greens with a light drizzle of lemon vinaigrette.