



**GREEN
CHEF**

BARBECUE CHICKPEA BOWLS

with kale, cabbage, carrots, sautéed corn & cheddar cheese

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

760

MENU

GLUTEN-FREE

Call them chickpeas, or call them garbanzo beans, these protein-packed legumes are the star of tonight's veggie-centric meal. Roasted with tangy barbecue sauce until golden-brown and crispy, they're served with sautéed corn and red onion atop bowls of leafy kale with cabbage and carrots. A drizzle of our Greek yogurt-based ranch dressing delivers a creamy finish, while sharp cheddar cheese and scallion garnish the nourishing dish.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (10 ITEMS)

13 ¼ oz **Garbanzo beans (chickpeas)**
 3 ½ oz **Mild barbecue sauce**
 4 ¼ oz **Green kale***
 5 ½ oz **Cabbage* & carrots**
 3 ½ oz **Corn**
 1 whole **Red onion**
 2 oz **Sharp cheddar cheese** M
 1 whole **Scallion**
 2 tsp **Barbecue spice blend**
 5 ¼ oz **Greek yogurt-based ranch dressing** M

WHAT YOU'LL NEED

small sauté pan
 large oven-safe sauté pan
 medium bowl
 measuring spoons
 strainer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

M MILK

*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 425 degrees.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Remove and discard any thick center stems from **green kale**. Roughly chop leaves into bite-size pieces.
- Roughly chop **cabbage and carrots** if necessary.
- Cut ends off **red onion*** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Thinly slice **scallion**; discard root end.

**We recommend using the whole onion in this recipe, but feel free to add it to your taste.*

4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

SEASON CHICKPEAS

- Place **chickpeas** in a medium bowl. Drizzle with about 1 teaspoon cooking oil. Season with **barbecue spice blend*** and about ½ teaspoon salt. Stir to coat.

**The barbecue spice blend already contains pepper; season accordingly.*

3

COOK CHICKPEAS

- Heat about 1 ½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **chickpeas** to hot pan. Cook 4-5 minutes, or until lightly browned, stirring occasionally.*
- Transfer pan to oven. Roast about 10 minutes, or until chickpeas are lightly crispy, stirring halfway through.

**If the pan seems dry while cooking, add another 1-2 teaspoons cooking oil.*

See Step 6 to finish.

4

MAKE SALAD

- Place **kale** in bowl used for chickpeas. Drizzle with about 2 tablespoons of the **Greek yogurt-based ranch dressing**. Lightly season with salt. Massage until leaves soften.
- Add **cabbage and carrots**. Salt and pepper to taste. Toss to combine.

5

SAUTÉ CORN & ONION

- Heat about 1 tablespoon cooking oil in a small sauté pan over medium-high heat. Add **corn** and **onion** to hot pan. Lightly season with salt and pepper. Stir to combine. Cook 5-6 minutes, or until corn is lightly browned, stirring occasionally.

6

FINISH CHICKPEAS

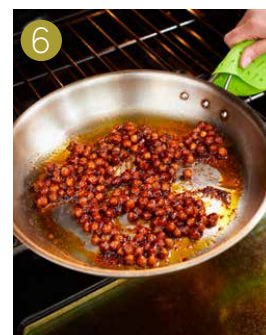
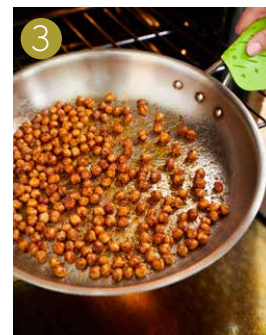
- Add **mild barbecue sauce** and about 1 tablespoon water to pan with **chickpeas**. Stir to coat. **(Careful! Pan handle is hot!)** Return pan to oven. Roast 5-6 minutes, or until sauce thickens.*

**Careful! To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

7

PLATE YOUR DISH

- Divide **kale salad** between bowls. Top with **barbecue chickpeas** and **sautéed corn and onion**. Drizzle with remaining **ranch dressing** to taste. Garnish with **sharp cheddar cheese** and **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (580g)

Amount per serving

Calories **760**

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1540mg	67%
Total Carbohydrate 81g	29%
Dietary Fiber 6g	21%
Total Sugars 37g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 452mg	35%
Iron 2mg	10%
Potassium 1079mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Garbanzo beans (chickpeas) (Organic Garbanzo Beans, Water, Sea Salt, Calcium Chloride (firming agent)), **Barbecue spice blend** (granulated garlic, ancho chili powder, sweet paprika, dried mustard, dried ginger, black pepper), **Mild barbecue sauce** (tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum), **Kale, Corn, Red onion, Scallion, Cabbage & carrots, Greek yogurt-based ranch dressing** (whole milk greek yogurt [cultured pasteurized whole milk, pectin, vitamin D3], sour cream [organic cultured pasteurized nonfat milk, organic pasteurized cream, acidophilus and bifidus cultures, vegetarian enzyme], buttermilk 2% [organic cultured low-fat milk, organic nonfat milk, salt, vitamin A palmitate, vitamin D3], onion powder, granulated garlic, dill weed, black pepper, sea salt, white wine vinegar, ascorbic acid), **Sharp cheddar cheese** (Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Anti Caking Agent (potato starch powdered cellulose, natamycin))

Allergen information:

Contains Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.