



BARBECUE CHICKPEA BOWLS

kale, cabbage, sautéed corn, cheddar cheese, ranch dressing

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 660	MENU VEGETARIAN // GLUTEN-FREE
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Pop your chickpeas in the oven and you'll have a whole new appreciation for the tasty, protein-packed legumes. They get crispy on the outside while staying tender on the inside—the perfect combo, if you ask us. Coated in tangy-sweet barbecue sauce, tonight's chickpeas are piled with corn and onion atop bowls of leafy kale, crunchy cabbage, and sweet carrots. Flecks of sharp cheddar cheese and a drizzle of crowd-pleasing ranch add creamy richness to every bite.

INGREDIENTS (10 ITEMS)

13¼ oz	Garbanzo beans (chickpeas)
4 oz	Red kale
5½ oz	Cabbage & carrots
1 whole	Red onion
1 whole	Scallion
2 tsp	Barbecue spice blend
2¾ oz	Greek yogurt-based ranch dressing <small>M</small>
2¾ oz	Corn
3½ oz	Mild barbecue sauce
1 oz	Sharp cheddar cheese <small>M</small>

WHAT YOU'LL NEED

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

ALLERGENS

M MILK

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

Validated
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) 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 **red 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; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.
- Trim and thinly slice **scallion**.

**The ingredient you received may be a different color.*

COOKING FOR 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 1½ 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 slightly crispy, stirring halfway through. (You'll finish the chickpeas in Step 6.)

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

4

MAKE SALAD

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

5

SAUTÉ CORN & ONION

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **corn** and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 5-6 minutes, or until corn is lightly browned, stirring occasionally.

6

FINISH CHICKPEAS

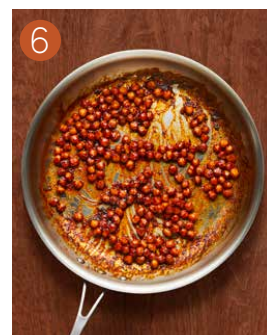
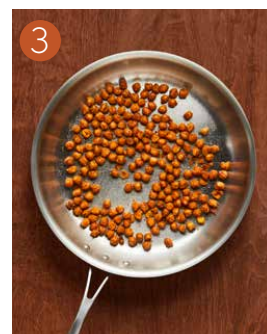
- Add **mild barbecue sauce** and about 1 tablespoon water to pan with **chickpeas**. Stir to coat. **(Careful! Pan handle is hot!)**
- Return pan to oven. Roast 5-6 minutes, or until sauce has thickened.*

**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 (543g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1830mg	80%
Total Carbohydrate 78g	28%
Dietary Fiber 15g	54%
Total Sugars 36g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 326mg	25%
Iron 5mg	30%
Potassium 1071mg	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) [chickpeas, water, salt, ascorbic acid], **Barbecue Spice Blend** (Granulated Garlic, Ancho Chili Powder, Sweet Paprika, Dried Mustard, Dried Ginger, Black Pepper), **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], **Corn** [corn], **Red Onion**, **Scallions**, **Green Cabbage**, **Carrots**, **Red Kale**, **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Ranch Dressing** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Sour Cream [cultured cream], Buttermilk [organic cultured lowfat milk, organic nonfat milk, salt, vitamin A palmitate, vitamin D3], Onion Powder, Granulated Garlic, Dried Dill, Black Pepper, Sea Salt, White Wine Vinegar [aged white wine vinegar], Ascorbic Acid [ascorbic acid])

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.