

SWISS CHARD WITH CHICK PEAS (aka GARBANZO BEANS) AND FRESH TOMATOES

from [Allrecipes.com](https://www.allrecipes.com)

(serves 4)

Ingredients

- 2 Tbsp **olive oil**
- 1 **shallot** or **small onion**, chopped
- 2 **scallions**, chopped
- ½ cup **chickpeas**, drained
- salt** and **pepper** to taste
- 1 bunch **Swiss chard**, rinsed and chopped
- 1 **tomato**, sliced
- ½ **lemon**, juiced

Instructions

- 1.** Heat olive oil in a large skillet. Stir in shallot/onion and scallions. Cook and stir for 3-5 minutes until soft and fragrant.
- 2.** Stir in garbanzo beans, season with salt and pepper, and heat through.
- 3.** Place chopped chard in the skillet, and cook until wilted.
- 4.** Add tomato slices, squeeze lemon juice over greens and heat through.
- 5.** Serve immediately.