

Foodnity Recipes

Marry Me Chickpeas – Quick & Easy Healthy Recipe

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 2 (15-oz) cans chickpeas, drained and rinsed
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp ground cumin
- [ ] Juice of 1 lemon
- [ ] 2 tbsp fresh parsley, chopped
- [ ] Salt and freshly ground black pepper to taste

Optional Add-Ins

- [ ] 1/4 cup toasted pine nuts
- [ ] Dash of smoked paprika
- [ ] Cooked quinoa or rice for serving

Instructions

1. Heat olive oil in a large skillet over medium heat. Add minced garlic and toast for about 30 seconds until fragrant.
2. Stir in ground cumin and let it sizzle briefly, releasing its aroma.
3. Add the rinsed chickpeas, tossing to coat them evenly with the spiced oil. Cook for 5-7 minutes, stirring occasionally, until the beans are heated through and slightly crisp on the edges.
4. Remove from heat, squeeze lemon juice over the beans, and season with salt and pepper. Sprinkle chopped parsley and optional pine nuts.
5. Serve warm over quinoa, rice, or on its own. Quinoa chickpea pizza makes a fun side.

Nutrition per serving

280 kcal	12 g	35 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra depth, drizzle a touch of toasted sesame oil just before serving.
- Adjust lemon to taste; more juice brightens the dish.
- If you like a bit of heat, add a pinch of red pepper flakes.