

Turkish Chickpea and Kale Bowls

This healthy and flavorful dish combines classic Turkish flavors and is a perfect nutritious and balanced meal!



Main Dish

Turkish

30 min

Total time

Easy

Difficulty

480

kcal / serving

Ingredients

- 1 cup cooked chickpeas
- 1/2 cup diced tomatoes
- 1/2 cup finely chopped kale
- 2 teaspoon extra-virgin olive oil
- 1/4 teaspoon Turkish red pepper paste
- Juice of 1/2 lemon
- Sea salt to taste
- 1 teaspoon pine nuts
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon oregano

Steps

- 1 Preheat the oven to 350 degrees F.
- 2 Place the chickpeas, tomatoes, kale, olive oil, red pepper paste, lemon juice, salt, oregano and black pepper on a large baking sheet.
- 3 Mix together until chickpeas and vegetables are evenly coated with the oil and spices.
- 4 Bake in the oven for 20 minutes, stirring halfway through.
- 5 Remove from the oven and top with the pine nuts.
- 6 Serve warm.