

Maple Turmeric Chickpeas & Freekeh

7 ingredients · 25 minutes · 4 servings



Directions

1. Combine freekeh and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
2. Meanwhile, add kale to a pan with enough water to cover the leaves halfway. Cook over medium-high heat until lightly steamed, about 3 to 5 minutes. Drain and set aside.
3. In a mixing bowl, combine the cooked freekeh with the chickpeas, maple syrup, turmeric and sea salt. Divide the freekeh and kale onto plates or into containers if on-the-go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving equals approximately 1 cup of maple turmeric chickpeas and freekeh, and 1/2 to 3/4 cup of steamed kale.

Gluten-Free

Use quinoa instead of freekeh.

More Flavor

Cook with broth instead of water.

Additional Toppings

Top with red pepper flakes.

Ingredients

- 1 cup Freekeh (uncooked)
- 2 1/2 cups Water
- 3 cups Kale Leaves (stems removed, leaves torn)
- 3/4 cup Chickpeas (cooked)
- 3 tbsps Maple Syrup
- 1 1/2 tsps Turmeric
- 3/4 tsp Sea Salt