



## Escarole with Chickpeas and Tomatoes

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Makes 4 portions

### **Ingredients:**

2 head	Escarole – washed well, drained – rough chop
2 oz.	Extra Virgin Olive Oil
1/3 cup	Capers – drained and dried
8 each	Garlic, cloves – minced
¼ tsp.	Red Pepper Flakes
2 each	Chickpeas – 15 oz. can – rinsed and drained well
1 – 28 oz.	Tomatoes, canned – drained (reserve the juice) rough chop
½ cup	Fresh Parsley – chopped
4 oz.	Vegetable Broth
To Taste	Salt and Pepper
1/3 cup	Grated Parmesan Cheese

### **Directions:**

1. Heat 1 Tbsp. of the oil in a sauté pan – add the dried capers and fry until crisp – remove and drain on paper towels.
2. In another pot, heat the remaining oil – add the garlic and sauté until lightly browned.
3. Add the chickpeas – allow to brown lightly.
4. Add the tomatoes – allow to cook for about 5 minutes to dry.
5. Add the parsley, vegetable broth, reserved tomato juice and season with salt and pepper. Continue cooking over medium heat until the sauce reduces and thickens slightly.
6. Add in the escarole and allow to simmer until the escarole is tender.
7. Serve with the fried capers and parmesan cheese as a garnish.