



Spanish Spinach with Chickpea

Q-346-00
Vegetables

Color Code: Green
Sodium: Moderate

Yield: 100 Portions
Each Portion: $\frac{3}{4}$ cup (4- $\frac{1}{2}$ oz)
Temperature: 350°F (177°C)
Time: 18 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
OIL, CANOLA	3- $\frac{1}{2}$ cup	1 lb 10 oz	
ONION, YELLOW, SLICED	1 gal	3 lb 6 oz	4 lb
GARLIC, PRE MINCED IN WATER	2 cup	12 oz	
PAPRIKA	1 cup	4 oz	
CHICKPEA, CANNED, DRAINED, RINSED	2 gal	11 lb 10 oz	3- No.10 can
CUMIN, GROUND	$\frac{1}{2}$ cup	1- $\frac{1}{2}$ oz	
SALT	$\frac{1}{4}$ cup	2- $\frac{1}{2}$ oz	
PEPPER, BLACK, GROUND	2 tbsp	0.43 oz	
WATER	1 qt	2 lb 1 oz	
SPINACH, BABY, FRESH	25 gal	18 lb	18 lb

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Slice onion.
2. Preheat tilt skillet to 350°F (177°C).
3. Heat oil in tilt skillet or steam-jacketed kettle. Add onion and sauté for 5 minutes. Add garlic and continue to cook for 5 minutes.
4. Add paprika and chickpeas and cook for 5 minutes, until aromatic.
5. Add spinach and water. While tossing periodically, cook for 2 to 3 minutes, until spinach is lightly wilted. CCP: Internal temperature must reach 135°F (57°C).
6. Serve immediately or CP: Hold for hot service at 135°F (57°F).

RECIPE NOTES

1. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	173
Carbohydrates	18 g
Sugars*	3 g
Protein	7 g
Fat	9 g
Saturated Fat	0.8 g
Sodium	454 mg
Calcium	121 mg
Fiber	5.9 g



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