



# GOLDEN CHICKPEA QUINOA BOWL

## A Heart-Healthy Recipe from Gigi the Vegan

### INGREDIENTS:

- 1 can low-sodium chickpeas, rinsed
- 1 cup cooked quinoa
- 1 purple potato, diced
- 1 cup fresh kale, chopped
- ½ red bell pepper, chopped
- 1 zucchini (green or yellow), sliced
- 1 clove garlic, minced
- ½ tsp turmeric
- ½ tsp cumin
- Pinch of black pepper
- Fresh lemon juice
- 1–2 tsp olive oil or water for sautéing (optional)



### INSTRUCTIONS:

#### 1. Cook the Purple Potato

Steam or boil for 8–10 minutes, until fork-tender. Set aside.

#### 2. Sauté the Veggies

In a skillet, lightly sauté garlic, bell pepper, and zucchini until tender.

#### 3. Add the Spices

Stir in turmeric, cumin, and black pepper.

#### 4. Build the Bowl

Add chickpeas, kale, and purple potato. Cook until kale wilts.

#### 5. Finish & Serve

Stir in quinoa and warm through. Finish with fresh lemon juice and top with sprouts if desired.



### 🌿 Heart-Healthy Tip

Flavor your meals with herbs, spices, and fresh lemon instead of excess salt.

### WHY THIS BOWL IS GOOD FOR YOUR HEART

#### Chickpeas & Quinoa

Fiber and plant protein help support healthy cholesterol levels.

#### Purple Potato

Rich in antioxidants that support healthy blood pressure.

#### Kale & Zucchini

Help reduce inflammation and support circulation.

#### Turmeric & Cumin

Anti-inflammatory spices that promote heart wellness.

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