

K's Kitchen: Perfect protein rich lunch

By Kathryn Reed

After a workout most dietitians recommend athletes consume protein. Unfortunately after most USTA tennis matches I ingest wine and something salty. But that is not the case when I go home after a practice.

As a vegetarian, beans are my staple when it comes to protein.

The recipe below is simple and tasty. It is what I made after more than two hours on the court the other day.

What was fun is the scallions came from the back yard. I was given onions and garlic late last fall to plant – and now I'm harvesting at least the onions.

Most people would use this as a side dish. It was my lunch.



Warm Garbanzo Beans with Spinach

2 T lemon juice

Grated zest of 1 lemon

1 tsp Dijon mustard

2 tsp smoked paprika

1 tsp honey

$\frac{1}{4}$ C flat-leaf parsley, finely chopped

2 scallions, thinly sliced

$\frac{1}{2}$ tsp sea salt

Black pepper

$\frac{1}{4}$ C extra virgin olive oil

8 ounces spinach

1 14-ounce can garbanzo beans, rinsed

Whisk together the lemon juice, zest, mustard, smoked paprika, honey, parsley, scallions, salt and pepper in a small bowl. Add the olive oil slowly, whisking until combined.

In a medium saucepan over high heat, add the spinach with 3 tablespoons of water. Cook until wilted.

Add chickpeas.

Then add marinade. Cook until dressing is warm. Adjust seasonings to your liking.