

# chickpea scramble breakfast bowl

**Makes 2 servings**

RECIPE ADAPTED FROM: [Well and Fed](#)

PREP TIME: 10 minutes

COOK TIME: 10 minutes

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## CHICKPEA SCRAMBLE

1 15 oz can of chickpeas or 1 ½ cups drained cooked chickpeas

½ tsp turmeric

½ tsp salt

½ tsp pepper

¼ white onion

2 cloves garlic

drizzle of extra virgin olive oil

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## BREAKFAST BOWL

mixed greens

handful of parsley

handful of cilantro

1 small avocado

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## NOTES

This recipe is turmeric-forward. If turmeric is not your thing, feel free to use less or omit altogether.

## FOR CHICKPEA SCRAMBLE

**POUR** chickpeas and a little bit of the water they're in into a bowl. (Plain water will also work if not using canned chickpeas.)

**MASH** chickpeas slightly with a fork, leaving some whole.

**MIX** in turmeric, salt and pepper until evenly combined.

**MINCE** garlic and dice onion.

**HEAT** a pan over medium heat with a drizzle of olive oil.

**SAUTE** onions until they are soft, 3-5 minutes.

**ADD** garlic and continue sautéing until garlic is fragrant, about a minute or so. Be careful not to let the garlic brown.

**WHEN** onions and garlic are done, add in mashed chickpeas and sauté for about 5 minutes.

## FOR BREAKFAST BOWL

**CHOP** parsley and cilantro and slice or chop avocado.

**ADD** some mixed greens to 2 bowls.

**DIVIDE** chickpea scramble into the bowls on top of greens.

**TOP** with avocado, parsley and cilantro.

