

# **Broccoli & Chickpea Skillet**

## **Ingredients**

- 1 cup broccoli florets
- 1/2 cup cooked chickpeas
- 1/4 red onion, sliced
- 1 garlic clove, minced
- 1/2 tsp ground coriander
- 1 tbsp olive oil
- 1/4 cup water
- Salt and pepper

## **Instructions**

1. Heat oil in a skillet and sauté garlic and onion.

2. Add broccoli, chickpeas, coriander, and water.

3. Cover and cook for 10–12 minutes until tender.

4. Season to taste and serve as a warm salad or main dish.

### **Benefits**

Supports detox and immune system; great plant protein source.