



15 Minute Mediterranean Chickpea Skillet

Source: [BeautyBites](#)

Ingredients

- 1 jar/can – about 2 cups of chickpeas, drained & rinsed
- 4 medium tomatoes, chopped
- 1 small zucchini, chopped
- 1 small onion, chopped
- 1 bell pepper, striped
- 1 tsp chili powder
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1 tbsp sesame seeds
- 10 basil leaves, chopped

Directions

1. In a large pan with a lid add tomatoes and onion and let simmer at medium-high heat for 3-4 minutes.
2. Add chickpeas and stir, let simmer covered with the lid for 5 min.
3. Add garlic, zucchini, and bell peppers. Stir together, cover for 2 min.
4. Turn off heat, add basil, olive oil. Sprinkle sesame seeds and chili powder on top.
5. Dinner is ready. Serve hot.