



Chickpeas and Artichokes “Bliss in a Dish”

**Need one 9”x11” or larger aluminum pan

Ingredients

2 lbs red or Yukon gold potatoes, cut in small cubes (about 1” thick)
1 tsp olive oil
5 cups chickpeas (about 4 cans, rinsed and drained)
5 cups frozen artichokes (can thaw beforehand, or use from frozen)
8 medium-large cloves garlic, minced or grated
2 tbs olive oil
6 tbs water
1 cup red bell pepper, chopped
1 cup pitted kalamata olives, sliced in half
2 cups chopped tomatoes
1/2 cup sultana or other raisins
2 tsp dried oregano
2 tsp dried basil
1 tsp dried rosemary
1 tsp sea salt
Freshly ground black pepper to taste
3 tbs balsamic vinegar
1/2 cup basil leaves, julienned (optional, can also use ¼ cup chopped fresh flat-leaf parsley)

Preparation

Preheat the oven to 400°F.

Use 1 teaspoon of the olive oil to oil aluminium pan.

Place the potatoes in a saucepan, cover with water, and bring to a boil. Lower the heat to medium-low and boil for 15 to 20 minutes, or until fork tender (see note). When potatoes are ready, drain well and add to the prepared dish along with the other ingredients, except the vinegar and the fresh basil.

Toss the mixture well, cover the dish with foil, and bake for 40 minutes (stirring about halfway through the baking process), until the potatoes are fully tender and the other vegetables have heated through and somewhat softened.

Add the vinegar, toss again, and bake for another 10 to 15 minutes uncovered. Remove from the oven, sprinkle with the fresh basil, and season to taste with salt and pepper as desired.

DROP OFF

Please deliver chicken, couscous and chopped mint and basil (in a bag) to SPUR (Marblehead & Swampscott residents) or to Lifebridge (Salem residents).

<http://plantpoweredkitchen.com/chickpea-artichoke-bliss-dish-vegan/>