



Test Kitchen Tuesday

Try it. You might like it.

Teriyaki Pineapple Chickpeas

From: [Test Kitchen Tuesday](#)

Modified From: [The Happy Herbivore](#)

Time Required:

- 5 minutes to prepare veggies
- 10 minutes to cook

Skill Level (out of 5):

2Chili's Taster Rating (out of 5):



Makes: 4 servings

Ingredients:

- 1 can chickpeas, or 2 cups if prepared from dried – drained and rinsed, ¼ cup bean water reserved
- ¼ cup hoisin sauce
- 1 small can diced pineapple and 2 tablespoons juice reserved
- 2 carrots, diced
- 1 red bell pepper, diced
- 2 shallots, diced
- 4-5 scallions, diced
- 1 tablespoon corn starch dissolved in 1 tablespoon water

Method:

- Add all ingredients except the corn starch to a large pan and let sit and marinate for 5-10 minutes (this includes the bean water and pineapple juice)
- Heat over medium heat and cook for 10 minutes, stirring regularly
- For the last minute, add the dissolved cornstarch and bring to a low boil until the sauce reaches your desired consistency and most of the liquid has absorbed
- Serve with brown rice or quinoa

Nutrition:

For ¼ of recipe, without rice.



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Nutrition Facts	
User Entered Recipe	
4 Servings	
Amount Per Serving	
Calories	250.4
Total Fat	2.2 g
Saturated Fat	0.3 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	0.5 g
Cholesterol	0.5 mg
Sodium	646.7 mg
Potassium	542.1 mg
Total Carbohydrate	52.0 g
Dietary Fiber	8.1 g
Sugars	12.4 g
Protein	7.8 g

Vitamin A	98.5 %
Vitamin B-12	0.0 %
Vitamin B-6	41.3 %
Vitamin C	97.5 %
Vitamin D	0.0 %
Vitamin E	4.4 %
Calcium	7.9 %
Copper	16.3 %
Folate	28.3 %
Iron	14.3 %
Magnesium	14.9 %
Manganese	75.7 %
Niacin	6.8 %
Pantothenic Acid	7.5 %
Phosphorus	15.3 %
Riboflavin	9.2 %
Selenium	5.9 %
Thiamin	9.6 %