

Garlic-Smashed Chickpeas

from Grist by Abra Berens

“Use any place you would want smashed potatoes or creamy beans. The only drawback is that the chickpeas won’t soak up a sauce the way polenta will, so best not to pair them with anything too loose. If reheating the next day, refry with a bit more olive oil until warm. Be careful not to burn the garlic.” Note: Beth reheated it in the microwave briefly and it was still crispy and delicious.

½ cup olive oil

2 cups garbanzo beans, rinsed and drained

salt

4-8 garlic cloves, minced

4 Tb butter

In a large frying pan, heat the olive oil over medium heat until warm. Add the chickpeas to the pan with a big pinch of salt and smash with the back of a spoon (Beth used a masher) until evenly chunky.

Fry without stirring, allowing the chickpeas to crisp a bit on the edges, then add the garlic and butter. Toss to combine then turn the heat to low. Cook gently, stirring every few minutes, until the garlic is soft but not browned. Remove from the heat and serve.

The author of Grist has several variations to add to the chickpeas, such as adding grilled chicken and a Greek yogurt sauce or roasted carrots and broccoli rabe. You can use your imagination with this basic recipe.