

Spinach and Chickpeas

1 tblspn of brown sugar

1 bag fresh spinach

¼ cup of fresh cilantro

2 cloves of garlic

½ tsp cumin

¼ tsp chili powder

¼ cup of olive oil

¼ cup of milk

½ onion chopped

2 cans of chick peas strained and rinsed.

Sautee onion in olive oil, add cilantro & spinach and wilt till flat. Let cool, put in blender and add ¼ cup of water if too stiff to blend. Return to sauté pan and remaining ingredients except milk. Add milk before serving.