

# Cheesy Chickpea and Broccoli Bake

## Ingredients

- 1 large bunch (approximately 1 pound) fresh broccoli, rinsed and cut into medium pieces
- 1 15½-oz can chickpeas, drained and rinsed
- 1 T. olive oil
- Salt and black pepper to taste
- 1 c. shredded Gruyere, cheddar vegan cheese
- 1/3 c. whole-wheat breadcrumbs
- ¼ cup crumbled blue cheese
- ¼ cup sour cream (optional)



## Directions

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1. Preheat oven to 400°F.
2. Lightly steam broccoli on the stove: Place raw broccoli pieces in a steamer basket inside a saucepan filled with 1 inch of water. Steam on medium heat for five minutes or until broccoli is just tender and bright green. Drain water. Or steam broccoli in the microwave: Place raw broccoli pieces in a large microwave-safe dish with ½ inch of water in the bottom. Cover with a microwave-safe plate and cook on high for three minutes or until just tender and bright green. Drain water.
3. Toss steamed broccoli and chickpeas with olive oil. Place in a 9"-by-9" baking pan.
4. Add salt and black pepper to taste. Top evenly with grated cheese, then top evenly with breadcrumbs.
5. Bake 10 to 15 minutes or until cheese is melted and breadcrumbs are lightly browned. Remove from oven and serve immediately.

