



Credit: Gint Studios Inc

## Aaron Gallegos' Coptic Chickpeas

- ½ cup olive oil
- 1 large onion, coarsely chopped
- 1 to 2 tbsp chopped garlic
- 3 cups cooked chickpeas with liquid
- 6-oz jar marinated artichoke hearts
- 1 tsp salt to taste, ¼ tsp black pepper
- ½ tsp lemon juice to taste
- 3 tbsp parsley, finely chopped

1. In a pan, sauté the onions in olive oil, add garlic, and sauté briefly.
2. Add chickpeas, simmer for 10 minutes.
3. Add artichoke hearts, salt, and pepper.
4. Simmer 5 minutes.
5. Add lemon juice.
6. Garnish with parsley, and serve with rice.

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"From our table to yours, keep breaking bread and sharing love."

—The Right Rev. Dr. Kimberly Heath