Mediterranean Chickpea Rice with Lemon

**Ingredients**
1 tsp cooking oil
1/2 cup long grain rice
1 cup water
1 cup (~1/2 can) chickpeas
1/2 onion, diced
1 clove garlic, minced
1 bay leaf
1/4 tsp salt
1 Tbsp lemon juice
2 Tbsp chopped parsley

**Directions**
1. Wash rice.
2. In a medium sauce pot, heat oil over medium heat. Add onions and cook until soft, then add garlic and cook for 1 more minute.
3. Add rice, water, chickpeas, bay leaf and salt.
4. Bring water to boil and cover the pot. Cook ingredients over low heat for 15-20 minutes or until all water is absorbed.
5. Turn off the heat and let it sit for 5-10 more minutes.
6. Fluff the rice with a fork. Gently mix in lemon juice and parsley. Add pepper to taste.

**Servings:** 2-4  
**Prep time:** 5 minutes  
**Cook time:** 25 minutes  
**Total time:** 30 minutes  

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