

- Fatfree Vegan Recipes - <http://fatfreevegan.com> -

## Warm Potato Salad with Spinach and Chickpeas

Posted By [Alina](#) On March 19, 2014 @ 4:13 pm In [Beans and Legumes](#), [Featured Recipes](#), [Recipes with Photos](#), [Salads](#) | [18 Comments](#)

This warm potato salad is a step aside from the traditional version: it's cooked in a hot skillet and doesn't call for mayonnaise or other fattening dressings. I like to stir in a handful of spinach, kale, or any other greens I have on hand, or serve it on top of a veggie salad to make it more filling.

Another delicious way to serve this potato salad: spread some of it on a warm tortilla, top with fresh salsa, wrap it up and enjoy!

~ Alina from [Vegan Runner Eats](#) blog

### Ingredients (to make 1 serving):

1 medium red potato, cubed into 1/2-inch pieces (can be left unpeeled)

1/4 cup cooked chickpeas or other beans

1/4 cup bell pepper, chopped

1 Tbsp red onion, chopped

2 crimini mushrooms, chopped (optional)

handful fresh spinach

olive oil cooking spray

### Spices:

1/2 tsp fresh rosemary, chopped

1 Tbsp fresh basil leaves, chopped

1/4 tsp ground cumin

1/4 tsp paprika

pinch cayenne (optional)

salt, pepper to taste

### Directions:

1. Heat up a heavy-bottomed nonstick pan over medium heat. Spray with cooking spray. Once the pan is hot, add cubed potatoes, spray them with some more cooking spray, stir with a spatula to distribute them evenly over the pan, and cover with a lid. Cook for 8-10 min, stirring every 2-3 min to prevent the pieces from sticking to the pan. Meanwhile, chop onions, bell pepper and mushrooms.

2. The potatoes are going to be almost done when they form a nice brown crust, and slide easily across the pan. If you pierce a piece with a fork, it should go in easily. Once the

potatoes reach this point, add chickpeas, cover with a lid, and cook 2 min more.

3. Remove the lid, add onions, bell peppers, mushrooms, salt and all of the spices **except basil leaves**. Continue to cook another 2 min, stirring often.

4. Stir in a handful of spinach leaves. As soon as they begin to wilt, take the pan off the heat. Serve immediately, sprinkled with chopped fresh basil leaves. Enjoy!

---

Article printed from Fatfree Vegan Recipes: <http://fatfreevegan.com>

URL to article: <http://fatfreevegan.com/blog/2014/03/19/warm-potato-salad-with-spinach-and-chickpeas/>

Copyright © 2002-2015 Fat Free Vegan Recipes. All rights reserved.