

Chickpea and Spinach Curry

Curry powder gives this side dish a taste of India. Serve over brown rice.

SNAPSHOT

SERVINGS: 6

TIME: 15 MINUTES



INGREDIENTS:

1 cup onion, coarsely chopped

1 ½ Tbsp fresh ginger, chopped or grated

1 tsp olive oil

1 ½ tsp curry powder

1 19-oz can chickpeas, rinsed and drained

1 14-oz can no-sodium-added diced tomatoes with liquid

1 10-oz bag fresh spinach, stems removed

½ cup water

¼ tsp salt (optional)

* **Nutrition info per serving:** Calories: 150kcal; Fat 2g; Sodium 590mg; Carb 28g; Fiber 6g; Protein 7g; Vit A 90%; Vit C 50%; Calcium 10%; Iron 15%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

DIRECTIONS:

- 1 Combine onion and ginger in food processor and pulse until minced.
- 2 Heat oil in large skillet over medium high heat.
- 3 Add onion mixture and curry. Sauté 3 minutes.
- 4 Add chickpeas and tomatoes; simmer for 2 minutes.
- 5 Stir in spinach, water, and salt. Cook another minute until spinach wilts.

HELPFUL TIP: If you don't have a food processor, chop onion and ginger into small pieces.

VARIATION: Try with other beans, such as navy beans, black-eyed peas, or lentils instead of chickpeas. These beans should be cooked before using in this recipe.