

CHICKPEA CURRY

Makes 6 servings



Ingredients



2 tablespoons vegetable oil



½ medium onion, diced



4 garlic cloves, minced



½ teaspoon cumin



2 ½ tablespoons curry powder



3 large potatoes, diced



2 ½ cups water



1 ½ cups cooked or 1 15-oz can chickpeas, drained and rinsed (no or low sodium preferred)



4 cups baby spinach, tightly packed



½ cup fresh herbs, finely chopped (like parsley, basil or cilantro)



1 lime, juiced



Salt and pepper to taste



*Optional: 3 cups cooked whole grain like brown rice, farro or quinoa

1

In a large pan, heat oil over medium-low heat. Add onion and garlic and sauté for 2 to 3 minutes or until soft.

2

Add cumin and curry powder and sauté for 3 to 5 minutes.

3

Turn heat to medium-high, stir in potatoes and add 2 ½ cups of water. Cover with a lid and bring to a boil.

4

Reduce heat to low, partially cover with a lid. Gently simmer for 10 minutes or until potatoes are soft.

5

Add chickpeas and baby spinach, cover with the lid, and cook for 1 to 2 minutes or until the spinach wilts down.

6

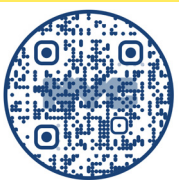
Remove from the heat, mix in fresh herbs, lime juice and add salt and pepper to taste.

7

To make this a complete meal, serve with ½ cup of your favorite whole grain like brown rice, farro or quinoa.

Nutrition Information (per serving, without optional side):

Calories 260, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 340mg, Carbohydrate 44mg, Fiber 10g, Added Sugars 0g, Protein 8g



EAT A WHOLE LOT MORE PLANTS

For free recipes, resources and food assistance, call **311** or visit nyc.gov/nutrition.



Eric L. Adams
Mayor
Ashwin Vasani, MD, PhD
Commissioner