

Chana Masala

Yield: 4 servings

Ingredients

1 cup brown basmati rice
1½ tablespoons olive oil
¾ cup diced onion
1 teaspoon minced fresh ginger
1 teaspoon minced garlic cloves
½ tablespoon garam masala
½ teaspoon ground turmeric
½ teaspoon kosher salt
¼ teaspoon ground black pepper
21 ounces canned diced tomato
2 cups cooked chickpeas,
drained and rinsed
1 cup diced sweet potato
½ cup chopped fresh cilantro
1 lemon, cut into wedges

Instructions

1. Cook rice according to package directions.
2. In a large saucepan or Dutch oven, over medium heat, sauté onion in oil. Cook about 5 minutes, until onion is soft.
3. Add the ginger and garlic, and cook for about 1 minute more.
4. Add garam masala, turmeric, salt and black pepper. Cook, stirring frequently, until fragrant.
5. Add the tomato, chickpeas and sweet potatoes. Bring to a boil and then reduce heat to low. Let simmer until the sweet potatoes are soft.
6. Serve individual portions over rice and top with a sprinkle of cilantro and a squeeze of lemon in each bowl.

Nutrition Information

Serving Size: ¼ of recipe

Calories: 409
Total Fat: 7.9 g
Saturated Fat: 0.8 g
Monounsaturated Fat: 0 g
Sodium: 297 g
Total Carbohydrate: 63.9 g
Dietary Fiber: 9.5 g
Sugars: 9 g
Protein: 13 g

Source: Julia Nordgren for Healthy Kitchens, Healthy Lives 2018



SPECTRUM HEALTH

Presented by
Culinary Medicine

