

CHICKPEA CURRY

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 278

Total Fat: 15.5 g

Saturated Fat: 1.2 g

Sodium: 354 mg

Total Carbohydrate: 30 g

Dietary Fiber: 6.3 g

Protein: 5.8 g

PREP TIME: 15 min

COOK TIME: 15 min

TOTAL TIME: 30 min



Ingredients

1 medium serrano pepper, cut into thirds

4 cloves garlic

1 two inch piece fresh ginger, peeled and coarsely chopped

1 medium yellow onion, chopped in one inch pieces

6 T canola or other oil

2 tsp ground coriander

2 tsp ground cumin

1/4 tsp ground turmeric

2 1/4 cup no salt added canned diced tomatoes with juice (from a 28 oz can)

3/4 tsp kosher salt

2 cans (15 oz) chickpeas, rinsed and drained (Garbanzo Beans)

2 tsp garam masala

Fresh cilantro for garnish

Directions

1. Pulse serrano, garlic, ginger in food processor until minced. Scrape sides of bowl and pulse again. Add onion, pulse until finely chopped but not watery.
2. Heat oil in large saucepan over medium high heat. Add onion mixture and cook, stirring occasionally, until softened, 3 to 5 minutes. Add coriander, cumin and turmeric. Cook for another 2 minutes, stirring to blend well.
3. Pulse tomatoes in food processor until finely chopped. Add to the pan along with salt. Reduce heat and simmer, stirring occasionally, for about 4 minutes.
4. Add chickpeas and garam masala. Reduce heat to a gentle simmer. Cover and cook, stirring occasionally, for an additional 5 minutes.
5. Serve topped with fresh cilantro.