



Spicy Chickpeas

Serves: 4 servings

Preparation time: 40 minutes

Ingredients

1 cup medium onion, chopped
¼ cup fresh cilantro, chopped
3 cloves garlic, minced
1 tbsp fresh ginger
30 oz canned chickpeas
2 tbsp olive oil
8 oz canned, diced unsalted tomatoes
(or make your homemade preserved tomatoes)
1 tsp chili powder
1 tsp coriander powder
1 tsp garam masala (optional)
1 tsp ground turmeric
4 lemon wedges



Directions

- Saute onion, garlic, ginger for about 3 minutes, then add tomatoes and cook for 4 minutes.
- Add the chili powder, coriander powder, masala and turmeric. Mix well and cook for 1 minute.
- Add the chickpeas and ½ cup water. Simmer for 15 minutes.
- Serve with cilantro and lemon wedge. May eat with rice or pita bread.

NUTRITIONAL DATA PER SERVING (1 serving): calories 400 | fat 13g | saturated fat 0g | cholesterol 0.mg | sodium 480mg
| carbohydrates 55g | fiber 15.6g | protein 16g | potassium 455mg | phosphorus 200 mg