



Winter Recipe 3

Chickpea Vegetable Curry

Makes 3 servings or 3¾ cups

Serve this easy stew with long grain or jasmine brown rice or whole grain tortillas, warmed, since the more traditional chapattis are hard to find.

- 1 tablespoon high-heat olive oil blend (2/3 Spectrum walnut oil: 1/3 extra virgin olive oil)
- 1 leek
- 1 carrot
- 1 small red potato
- 1 small yam or sweet potato
- 1 tablespoon fresh ginger, finely chopped or grated
- 1½ teaspoons curry powder
- ½ teaspoon unrefined sea salt
- 1 cup cooked chickpeas (1 cup dry yields 3 to 4 cups cooked.)
- 1½ to 2 cups bean cooking broth or water, start with less
- 2 cups greens (kale, **collards**, cabbage or chard), stems and greens chopped, OR precooked

1. Cut vegetables in medium (1/2-inch) dice. Heat oil in a wide pot. Add vegetables, ginger, curry powder, and salt. Stir and cook covered for about 3 minutes.

2. Add chickpeas, bean broth or water, and bring to boil. Reduce heat to simmer until vegetables are soft, about 15 minutes. Add more broth or water if needed to create a saucy, stew-like texture.

3. Add greens and simmer for 5 minutes more.

For 3 servings, per serving:

Calories: 272 Protein: 7gm Saturated: 0.7gm Fiber: 8gm Carbohydrate: 47gm Fat: 6gm

Cholesterol: 0 Sodium: 309mg

Calories from Protein: 10% Calories from Fat: 20% Calories from Carbohydrate: 70%